

Peoria Water-Cure Journal

A GUIDE TO HEALTH, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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General Articles.

HERE Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PROVE ALL THINGS," and "HOLD FAST THE GOOD."

RAMBLING REMINISCENCES—No. 8.

BY R. T. TRALL, M.D.

PEORIA AND ITS SURROUNDINGS.

PEORIA is the second city in size and commercial importance in the State of Illinois. It is beautifully situated on the west branch of the Illinois River, and its population is largely imbued with the progressive elements and people of the New England States. On each side of the river, from half a mile to a mile distant, the land rises gently to an elevation of fifty to one hundred feet, affording excellent building sites for the "nabobs of the town," as well as charming residences for the farmers of the country. Coal is found in great abundance in the bluffs along the river, and is so cheap as to afford rare inducements for Eastern capitalists to make this a central point for a great manufacturing business. We visited few places, perhaps none, on our Western tour, in

which a better spirit prevailed among the people in relation to medical and health reform. This is owing generally to the pains which a few individuals have taken to introduce our books and the WATER-CURE JOURNAL, and particularly to the judicious management and successful practice of Drs. M. Nevins and Sarah Kenyon. Their cure is not large enough for the place, but can be easily enlarged. We purpose visiting that section of country again in April or May and lecturing in a few places in the vicinity, and hope then to see the Peoria Water-Cure so overcrowded with customers that an addition to the premises will be prospectively a fixed fact.

A MILE OF DISTILLERIES.

Peoria has a shady as well as a sunny side, a dark spot, or rather a long line of dark spots, to blot and blight its loveliness and its name. Along the bank of the river, extending from near the center of the town, southerly, are eleven distilleries, each of monstrous proportions, and all together extending the length of one mile. And the long lines of smoke ascending heavenward from their dingy chimneys, in view of the work of ruin which they accomplish for the human race, are vividly suggestive of certain infernal regions of which prophets have preached and poets have sung. Peoria is justly entitled to the unenviable reputation of being the *Whiskyopolis* of the world. At this place, the very center, as it were, of the most productive soil on earth, millions of bushels of grain—enough to feed all the poor of the world—are annually converted into alcoholic poison—we beg pardon of the medical profession, and the chemists, and the physiologists, Liebig, Pereira, Carpenter, Dunglison, etc., we should have said into "respiratory food"—and sent abroad in the shape of detestable whisky, to poison, debauch, and ruin the people of our own and of other nations. But there is no help for this so long as we have a medical profession which teaches the people the false and absurd notion that alcohol is a supporter of vitality, and that stimulation is a substitute for nutrition. Temperance reform will never prosper, but liquor distillers will always flourish, until we can reform the medical profession of its false doctrines which are everywhere leading the people to ruin.

DISTILLERY-FED CATTLE AND HOGS.

As a matter of course, and of economy, and of profit, and of dollars and cents, each of the said eleven distilleries has its thousands of cattle and hogs, which are fattened on the refuse and offal of the business. We inquired of one of the "oldest inhabitants" if the people of Peoria eat the carcasses of these animals? "Oh, no, we never think of it," was his prompt reply. "What do you do with them after you have fattened them?" "Do with them! why, we send them to the New York market, of course." We were well prepared to receive this statement without a single grain of allowance; for on our journey thither we had seen times a day met long trains of freight-cars whose chief burden was hogs—dead hogs, live hogs, dying hogs—standing, lying, squealing, grunting, groaning, choking, and rotting in their own foulness and excrement, all destined, "of course," for the New York market. Well, there was one consolation, though a selfish one. This pork food, this carrion aliment, this "hydro carbonaceous diet," this oleaginous "respiratory food," this degenerate and putrescent grease, this concentrated essence of swine, this scavenger carcass, this scrofula-engendering beast, this doubly hogged hog, will never damage us nor ours, except as it infects the atmosphere which we are obliged to breathe.

CORN AS A FUEL.

For a dozen years we have contended against that chemico-physiological absurdity of "heat-forming" or "respiratory food," the "alcoholic alimentary principle," and such vagaries of modern medical science; nor do we yet believe in alimentary fuel; nevertheless we have seen a heat-imparting material in an alimentary product. In some parts of Illinois, we were told, corn is used as fuel because it is cheaper than wood—not corn cobs, nor shelled corn, but corn in the ear, cob, kernel, and all. Well, this burning up one of the finest and best foods that the bounteous bosom of mother earth can produce, seems almost a desecration of sacred things; but it is certainly a better way of disposing of the surplus crop than to convert it into fiery and blood consuming alcohol.

TYPHOID FEVERS AND PNEUMONIAS.

The success of Drs. Nevins and Kenyon in treat-

ing these diseases illustrates the subject of "hygienic *versus* drug medication," as it is illustrated in every place where there is a competent practitioner of our school. They have had many cases to treat and have not lost a single patient, while deaths are continually occurring all around them under the ordinary drug-treatment. Again, Dr. Nevins assured us that all of the cases which he had taken out of the hands of the drug-doctors had recovered, while every case which the drug-doctors had succeeded in getting out of his hands, by misrepresentations, alarming their friends, and such mean and malicious proceedings, *had terminated fatally*. Surely these facts mean something; but how many have the requisite brains or the unprejudiced minds to understand them?

DEATH OF WALTER NEVINS.

The students of our medical class of 1856-7 will recall to mind one of their number, Walter Nevins, a noble youth, full of life, animation, happiness, hope, and promise of future usefulness. He died in December last; but why did he die? Walter was among the earliest, as was his only brother, to volunteer his services at the call of his country. His brother entered the Missouri army, while he received a commission in the army of Kentucky. There, as a result of severe exposure, he sickened of typhoid fever. He was a favorite with all, especially with his superior officers; and the surgeon of his regiment—of course a drug-doctor—did all he could to save him, and that was precisely what destroyed him. Walter Nevins would not voluntarily have taken a single dose of apothecary poison; he would much sooner have faced the masked batteries of the foe than have swallowed the more deadly drugs of the surgeon, but, as has happened in many similar cases, he became delirious, with the determination of blood to the brain, and was powerless to resist. So the murderous missiles were poured into his system and the soul went out. Walter died, as the majority of our soldiers have died, not of rebels' bullets and bayonets, not of disease, but of drugs, and there was another victim of the deadly virtues of the healing art.

His father was telegraphed, and started immediately for the camp; but before reaching his son, in order to rescue him from the doctors, the very thing which he feared had happened—his well-beloved and noble son had been drugged to death.

A BEAUTIFUL EXPERIMENT.

One of the leading citizens of Peoria, whose wife we visited and prescribed for, related to us the following case: His brother was severely attacked with typhoid fever, then prevalent in the vicinity. Having long been convinced of the disastrous results of drug-medication, and having full confidence in the principle of hygienic medication, he determined to treat the case as well as he could himself. But as he thought a regular physician who was better acquainted with *diagnosis and prognosis* might be serviceable in explaining the symptoms, etc., he employed the most eminent allopathic physician of the place. The doctor called daily and put out his medicines *secundum artem*. The medicines were quietly laid aside and the patient treated according to the "Hydropathic Encyclopedia." These proceedings con-

tinued for two weeks, when the patient was pronounced well, and the M.D. discontinued his visits. Now, it so happened that at each of his daily visits the doctor predicated his remedies for the day on the *effects* of the medicines of the preceding day, *which the patient did not take*. The doctor was perfectly charmed with the results of his prescriptions. From day to day he declared that all was going on right; the medicines all operated admirably; he had never had a case of fever in which everything worked so to his mind. He thought the patient must have had an excellent constitution, etc., etc. He was as badly befogged as are many of the surgeons in our armies, as we were informed during our late visit to the camps and hospitals in Washington and vicinity, where the nurses gave nearly all of the medicines to the gutters. He does not know to this day that his unusual success was wholly owing to the fact that the patient did not take a particle of his medicine. We have many similar anecdotes to relate in future numbers of the WATER-CURE JOURNAL.

AN EXTERMINATED FAMILY.

Some of our readers, and some of the inmates of our New York Hygienic Institute, will recollect a Mrs. Barker, then of Schagicoke, N. Y., who was a patient with us six years ago. She had suffered much of diseased liver, for which she had been badly salivated and otherwise savagely drugged. She was in an extremely low, dyspeptic, nervous, and neuralgic condition; very sensitive to cold air, incapable of digesting food with any degree of comfort, and could not bear the least touch of cold water without shivering. By means of the hydro-electrical baths and dry rubbing, with a strict diet of fruit and farinacea, we succeeded in a few weeks in establishing a good cutaneous circulation and restoring her to comfortable health. Three years ago the family removed to Peoria, where Mrs. Barker *fell back* into the ordinary habits of living, and again became feeble. One year ago typhoid fever was prevalent there. The Barker family, consisting of husband, wife, son, sister, and hired woman, were all the subjects of the fever, *and all died!* Did Drs. Nevins and Kenyon attend them? the reader will ask. Oh, no; they had relapsed into drugging, and they died of the drug-doctors.

PATIENTS ON THE PLATFORM.

In all the places where we have lectured we have announced our willingness to examine and prescribe gratuitously for all patients who would present their cases before the audience, charging those who preferred to consult us privately the usual fee. Our object was to "show up" before the doctors and the people the horrid effects of drug-medication, and explain how it is that drug-medicines are always producing chronic drug-diseases. This we can do to the satisfaction of the people in no way so well as by having a specimen on the platform for the audience to look at; and for this advantage we were willing to forego our consultation fee.

Among the cases thus examined in Rouse's Hall, Peoria, before an audience of nearly a thousand persons, was a Mr. Gorsuch. He was twenty-eight years of age—of originally excellent constitution. Five years ago he had the ague, for which

he took quinine in huge doses. This treatment so paralyzed the functions of the liver that it became greatly congested and enlarged; for which mercury was prescribed. The mercury induced chronic inflammation of the duodenum—*mercurial duodenitis*—for which antimony and opium were administered. These drugs extended the inflammation to the kidneys, prostrated the external circulation, and torpified the action of the skin; for which more mercury, in the shape of blue pill, with narcotics, was given. These *remedies* so used up the vital energies, that the next phase of disease was termed nervous debility, and then strychnine was prescribed. After the nervous debility had been sufficiently cured with strychnine—the *nux vomica* or *dogbane* of the materia medica—the doctors diagnosed spinal disease, and proceeded to blister and cauterize the back. Lastly, neuralgia "set in," and the doctors resorted to henbane.

The condition of the patient, as we explained it to the people, in presence of several drug-doctors, was this: An enlarged liver, ague cake of the spleen, crooked spine, short breath from enlarged liver and spleen, and semi paralysis of the abdominal and dorsal muscles, catarrh, laryngitis, duodenitis or "canker in the stomach," albuminaria or degeneration of the kidneys, constant heat and tenderness throughout the abdomen, inability to lie in the horizontal position, coldness and torpor of the extremities, and a thoroughly ruined constitution.

The doctors had worked at this young man for four long years, continually killing him with their *cujings*, every one of his maladies, after the original ague, being nothing more nor less than the disease occasioned by the drugs administered for the preceding disease. Had the patient been let alone, as we stated to the audience, and had there been no doctors in the world, he would have been well and sound in a month; or had he been put into the hands of a competent hygienic physician he might have been well in a week, in either case avoided the expense of a five years' course of drug-medication and the inconveniences of a ruined constitution, and the horrors of carrying about a shattered and frail organism for the remainder of his days.

The physician who had prescribed the majority of the above remedies, as we were informed, on learning that Mr. Gorsuch had made up his mind to take no more poison, and thought of going to Dr. Nevins' Water-Cure to get *undrugged* as much as possible, sneeringly and insultingly asked him in the street next day if he was "going to soak." We were told, also, that he made himself especially busy in advising females to stay away from our lectures; but as our lecture on the "Health and Diseases of Woman," and our discourse on Sunday on the "Gospel of Health," was very largely attended by ladies, we suspect his demonstration on the ladies was not quite so effectual as were his drugs in the case of Mr. Gorsuch.

AN UNPROFITABLE INVESTMENT.

A lady residing a few miles from Peoria called on us for advice, stating that her husband paid nearly \$100 a year for medicine and advice, and had done so for fifteen years; but would not pay

five cents for anything out of the line of druggery. She was in the prime of life as respects age, of a strong vital temperament, inherited an excellent constitution, but had been drugged horribly and continuously during all this time. Now she has a bilious, dingy, cadaverous look, is excessively nervous, subject to "strange choking spells," for which she has taken "quantities" of mercury, antimony, opium, arsenic, strychnine, and other "remedies." She had been advised with and her strange case diagnosed and prescribed for by some of the most celebrated physicians of the United States, among whom were Dr. Physic of Philadelphia, who pronounced her malady "spasms in the blood;" and Dr. Jamieson, of Baltimore, who with equal contempt of nosology and common sense denominated it "colic in the blood;" and last, though perhaps not least, an eminent Peoria medical man, who termed the malady simply "sick spells;" but all cured her the orthodox way as expounded by Professor Paine in his "great work" (of twelve hundred pages), "we cure one disease by producing another." We could only advise the poor woman to shut her mouth resolutely and put her foot down persistently against another particle of apothecary stuff, from any doctor far or near, big or little, of high repute or lesser renown, regular, irregular, or defective, professor or quack, allopathic, homeopathic, eclectic, physio medical, chronothermal, botanic, Indian, root, herb, specialist or generalist, and wait her time and opportunity to get off to some good water cure and be restored, so far as may be possible. If the husband had given the doctors \$200 a year not to have come within a mile of his house, instead of \$100 a year for drugging his wife, he would now be better off pecuniarily by several thousands of dollars and in the health of his family he would have a source of happiness and comfort which no amount of money could purchase.

DRUGS AND DYSENTERY.

BY DR. W. N. HAMBLETON.

In no way is the murderous fatality and egregious absurdity of the administration of poisonous drugs and baneful dyestuffs to the sick more clearly demonstrated and incontrovertibly proven than by their deplorable results in the treatment of acute disease.

As strongly confirmatory of the foregoing statement, we would cite the following case, which came under our care some time ago:

Mr. N., of Columbus, Ohio, was brought to the Cure upon a bed, and, as was thought by his physician and most of his friends, in a dying condition. Some two weeks previous he had had an attack of dysentery, and sent for his "family physician," who proceeded to treat him in the usual manner—by the administration of cathartics, morphine, and astringents, the latter two being persevered in to the entire suppression of the alvine discharge. This obstruction of nature's efforts to relieve the system of morbid matters soon resulted in augmenting the febrile condition of the patient, accompanied by headache and increased prostration of strength. Then another

ery by the vigorous administration of active cathartics, to remove the obstruction which the opiates and astringents had produced. And ere long the vital forces responded to their deathly potency, and again the bowels moved with distressing frequency and exhausting pain. Then again, with unmitigated absurdity, were the morphine and astringents resorted to as before, and with even more deplorable results, this time thoroughly torporizing all action of the bowels. And nature now being thoroughly exhausted by her protracted struggle against the primary disease and the more deleterious drugs, could not again be goaded to action even by the most drastic cathartics, croton oil, as a last desperate resort, being internally administered and externally applied, to the extent of producing pustules over a large portion of the abdomen, but without the least perceptible effect toward arousing the system from that complete torpor and prostration to which it had been reduced by morphine and other absurd appliances. Thus matters continued for several days, the patient growing rapidly worse. At this juncture two other physicians were called in to consult with the first, and they three came to the *grave* conclusion that all had been done for the unfortunate man that science could suggest or skill apply, and yet the disease was invulnerable, and the patient must die. But it is said that "drowning men catch at straws," and we might add, that *desperation regards no precedent*. And so with Mr. N. and a few of his friends. All hope having vanished of any relief from the means thus far made use of, a feeble ray of hope sprung up, that a means yet unemployed, and of which they knew very little, might still contain the healing virtues which they so earnestly sought. This beacon gleam of hope became the animus of vigorous action. His bed was placed upon the cars, which swiftly whirled him off some sixty miles or more to the Cure, where he arrived in a state of great exhaustion. The case, indeed, presented rather a hopeless aspect, but being firmly of the opinion that if any means within the range of human skill would cure him, that means was hydropathy, judiciously applied. We concluded to undertake the treatment of the case.

After conveying him to his chamber and permitting him to rest an hour and a half, we administered warm water as an enema. We used some quarts before the hardened and impacted forces were so far moistened and dissolved as to be passed from the bowels. But perseverance, in due time, accomplished that result, and secured a copious evacuation. That once obtained, the motions soon became as frequent as they had been at any period of the attack, and attended with much pain. But an occasional tepid clyster, a compress frequently wet in tepid water and kept constantly applied to the abdomen, lifting the patient from his bed twice daily and supporting him for twelve to fifteen minutes in a hip-bath of a temperature of eighty degrees, and a general ablu-tion of the whole body with a towel and tepid water once a day, during the first three days, so far mitigated his pain, reduced the general febrile condition of his system, and controlled the abnormal action of the bowels, that at the expiration of that time we deemed the imminent danger past and the patient in a fair way for re-

covery. Then we began to give him something to eat—a little wheaten gruel or boiled rice twice a day, increasing the quantity as his digestive powers returned, and from time to time adding to the variety a little fruit, brown bread, or cracked wheat with a little sugar and cream. And when his strength was so far recruited as to permit him to be placed in a full bath, without too much fatigue, that was substituted for the towel ablu-tion, the temperature being about eighty degrees. The hip-bath was still continued, reducing the temperature as the reactive powers of the patient increased.

And thus, in less than three weeks, without a particle of anything designated *medicine*, was a man taken, as it were, from the very grasp of the "grim monster," and restored, vigorous and active, to his family and friends, to pleasure and the world; and to stand as another among the already innumerable demonstrations, that

To reasoning minds, the facts are clear,
While arguments and facts grow thicker,
That what will make the well man sick,
Will make the sick man sicker.

PITTSBURG WATER-CURE.

REPORT OF CASES.

BY SOLOMON FREASE, M.D.

DYSPEPSIA—This disease, in which drug medication has done so much harm and so little good, is generally curable by the Water-Cure. The case I am about to describe was that of a man fifty-four years of age, of active mental and physical habits. For a year his health had been failing, and for three months before coming to the Cure he was sinking fast under his disease, which involved his brain and brought on insanity. He was greatly emaciated, his pulse feeble, tongue coated, breath foul, liver torpid, and bowels constipated. There was no desire for food. He could be got to do nothing voluntarily, and apprehended danger from everything. Every request that was made of him, even by his neighbor and particular friend who accompanied him, was regarded with suspicion; and every move he made seemed full of danger to him. I can not convey a better idea of his mental condition at this time than by describing his first bath. After getting him into the bathing-room, when asked to undress for a bath he stubbornly refused. He had to be undressed by force, and he clung tenaciously to hat, coat, boots, and every article of his dress, as they were removed from him. Constraint was then necessary to get him into the bath, and when once in the bath, nothing but force could get him out. Then he was just as much opposed to putting on his clothes as he had been to taking them off. He was afraid to go into his private room, and when in was afraid to come out. In whatever position he might be, whether lying in bed, sitting in his room, standing in the hall, or in the public road, he would remain till compulsion was used to get him to move.

His treatment was a tepid half bath in the forenoon, a sitting bath at 85 deg for 20 minutes in the afternoon, and a wet girdle about the stomach and liver at night, for the first two weeks. His appetite, which began to improve after a few

days' treatment, was indulged sparingly. At this time there was considerable improvement in both his bodily and mental conditions. He could now be persuaded to do some things voluntarily, his imaginary enemies not being so numerous as they had been. After the first two weeks his treatment was changed to a wet sheet pack, for 45 minutes in the forenoon, with the other baths the same as before. This treatment was continued for about three weeks, when the temperature of his baths was somewhat reduced, his reactive powers having now become more vigorous. A slight douche was now administered in the morning for a few weeks, in addition to his other baths. As his stomach improved in tone, a more liberal allowance of food was permitted. He continued to improve gradually, till, at the end of twelve weeks, he went home well.

I am quite certain that no drug-medication would have saved this man. Hopeless insanity and a speedy death would have been his fate, had not some kind friend pointed him to the Water-Cure. Behold the contrast between truth and error—between a system of medical practice founded in reason, and corresponding with nature in her relations to the human organism, and a system founded in error, but perpetuated from habit and prejudice!

GRANVILLE WATER-CURE, GRANVILLE, O.

RAILROAD MUSINGS.—No. 8. THE MAN AND HOG WHO WENT INTO COPART- NERSHIP.

BY H. H. HOPE.

I was riding in the cars in the State of Indiana, and having looked over the papers which I had purchased of the lad who had them to sell, I thought I would cast about me to see who were my fellow-passengers. In doing so, my vision fell upon a man who was the embodiment of grossness. I should think his weight must have been at least three hundred and fifty pounds. He was neatly dressed, and had the manners and bearing of a person of some culture. Just how we got into conversation I do not know; but every one knows that in a railroad car freedoms are taken and accepted between strangers that would not be justified in settled and permanent society. Under this protection the man and myself entered into conversation about the prosperity of the West, its staple articles of production, the characteristics of its inhabitants; and as one topic naturally suggested another, I so led the conversation as to introduce the subject of Health, for the readers of the WATER-CURE JOURNAL must know by this time that wherever I am, if I can do so without violation of the proprieties of the occasion, I make the question of health a matter of conversation with whomsoever I may hold it. I had hardly begun on this point before my friend—for I am gratified to be able to call him such—admitted to me that his own health was not very substantial, and immediately upon such admission, indulged in a tirade almost abusive against the medical profession, declaring that he had never found a physician who seemed to know enough to do him any good, though he had employed a great many. I have entertained such a poor opinion of that kind

of reasoning and order of argument which satisfies him who uses it in predicating health upon the use of medicines prescribed by a doctor, that it sometimes requires on my part a little reflection in order to be patient with such persons. I have no doubt that I showed to the gentleman my disgust at the feelings which he exhibited; but whether I did or not, as soon as I could I gave him to understand that I thought it a very poor plan for any person to live so as to be under the necessity of having a physician, or, if he did, to employ one who had no other resource at his disposal but some poisonous drug or medicinal substance whose natural effect is to destroy the health of the person taking it. My statement, and the expression of countenance I wore while making it, evidently surprised him, for he looked at me and inquired what I meant. This gave me an opportunity for preaching a sermon; and as I am professionally as much of a preacher—perhaps a little more—than anything else, I did not hesitate to deliver a discourse on matters pertaining to health, so far, at least, as dietetic habits and the use of remedial agents were involved, and soon had around me almost every person in that car; and before I got through gentlemen and even ladies from the adjoining cars came in to attend on my ministrations. I made two points:

First, That ill health was produced mainly by bad habits of living.

Second, That it was confirmed and made a fixed condition by the use of health destroying agents taken as remedies.

Part of the time I was permitted to have my own way and make my argument undisturbed; part of the time I was in a colloquy with the gentleman with whom the conversation first opened; part of the time I was answering all sorts of objections which were offered by this or that man or woman; and as the crowd was so great that, sitting upon my seat, those in the rear could not see me, and did not know whether I was handsome or homely, black or white, a request was made by some person in the background, and forwarded on till it was communicated to me, that I would be kind enough to stand up on my seat, so that those farther off could hear what I had to say. Thus a pulpit was built for me out of a car-seat, and I entered upon it with a dignity and solemnity befitting the occasion, and expounded the gospel of Health to my audience as ably as I could, and in its behalf I have to say that doubtless it was the first time they had ever had a *free* gospel preached to them.

Among the things I discussed was that of eating flesh meats; and in order to illustrate what I wished to say in as marked a manner as possible, I selected that particular kind of meat which is eaten more plentifully in the State of Indiana and through the whole West than any other. My readers will readily understand that I allude to swine's flesh, or pork, as it is called. I took the ground that the hog by nature is a scavenger; that this was the chief end of the Creator in making him—to run about on the earth's surface and pick up all the decayed and dead matter which, if it were not disposed of, would render the conditions of human life much less favorable to health than otherwise, and that just to the degree that it was necessary for such materials to be put out of the

way by means other than those which human ingenuity could arrange, the hog was a necessary animal to human existence. So far I recognized the relation between man and this animal as an essentially needful one; but I was sure that, because it was necessary that hogs should exist in order that the conditions of human beings should be rendered more comfortable through the disposal and destruction of waste matters unfriendly to human health or human comfort, it did not follow that it was necessary for men to eat them.

I imagined—I did not feel perfectly certain about it—that there was no point in the whole range of thought upon which the intellects of my audience had ever been exercised whereupon any statement of mine could have subjected me to a stronger and more well-defined suspicion in their minds of not being orthodox, than this very statement established. "What!" said one great, burly fellow, who seemed large and strong enough, if he had once gotten hold of me, to have taken me by my coat-collar and swung me round his head, as a cattle-driver his whip-lash—"what! does this fellow doubt the divinity of pork? Pray tell what would he have us eat out West?" This outburst of indignant expostulation against my heresy I answered in a very short way by saying, "My good friend, I would have you live on grains." Then the man who sat before me, weighing an indefinite number of pounds, took up the conversation by politely inquiring if I supposed any person who had any serious and vigorous work to do could live on grains only. To which I rejoined that I gravely suspected he could. He shook his head, and all around him shook their heads, until they were all wagging their heads together, indicating their entire disapprobation of any such doctrine. After they had shaken them sufficiently to have relieved themselves from any astonishment which my view of the matter had created, my fat friend inquired "what they would keep warm on if they could not have pork to eat?" I replied that I thought two things would keep them warm if they could have enough of farinaceous food and fruits to eat. These two things would be—first, the animal heat which would be produced in their own bodies; and second, the clothing which they might wear to keep this heat from passing off too rapidly; and that where I had been educated the philosophers of that school had affirmed, and, I thought, pretty successfully demonstrated, that if a man had plenty of heat generated in him, and then took all proper pains not to have it evaporate too rapidly, the necessary consequence would be that he would not shiver with cold. They then made a new rush on me, half a dozen at once, by asking me if I did not eat pork, and I said "No." They then inquired what I did live on; I told them that I lived on grains, vegetables, and fruits, and that I wondered so intelligent a people in other respects had never considered the *economics* of this question of living, and then said: "Now gentlemen, if you will listen to me for a little while, I will give you my views about this pork question. In the first place, the man who eats pork predisposes himself to ill health. This may show itself in any one or more of a great variety of forms.

"Pork is naturally and essentially a gross food as a staple article of diet. Such as you people of the

West make it, it is decidedly open to objection. If you ate more grain in some other form of preparation, and less grease, especially hog's grease, you would have less of inflammatory diseases in your climate. Your children would not have so much summer complaint, dysentery, scarlet fever, malignant measles, croup, brain fever, etc., as they now do. Your men and women would not have so much fever and ague. You Western folks, whenever you have the fever and ague, lay it to the use of water or bad air, not stopping to think if you were careful in the foods you eat, your systems would be in much less efficient states of preparation for the development of bilious fever, typhoid fever, fever and ague, and the like. This, then, is one objection to the eating of pork, which helps to fit you to be sick; and when you get sick, you have scarcely a man throughout the Northwest who knows enough to relate himself to you as a physician from any other point than that of giving you drug-poisons. My second objection to the eating of pork is that it is an expensive food. Let us go into a calculation on the subject.

"A man owns a pig weighing on foot one hundred pounds. Now how much grain will he have to eat in order to weigh three hundred pounds? Ten bushels will not be a large allowance. Suppose him, therefore, to have eaten ten bushels, and to have gained from one hundred to three hundred pounds, when dressed. You have so much food, then, as the nutriment in this pig actually furnishes. Thirty-five per cent. of pork is the highest rate of nutrition it contains. The hog, then, which weighs three hundred, including bones and claws and rind, has a little more than one third of him which your nutritive organs can use for the purpose of building up your own bodies when you eat him as food. Thirty-five per cent. is a little more than one third of a hundred per cent., but inasmuch as the hog has a portion of his gross weight made up of waste that you can not eat, for convenience sake we will say that thirty-three and one third per cent. of the animal is actual nutriment. Then a hog weighing three hundred pounds will furnish you one hundred pounds of nutriment. To get this you feed the hog ten bushels of corn, say; this weighs sixty pounds to the bushel; the whole would amount to six hundred pounds. Eighty per cent. of this corn is nutriment. Then out of six hundred pounds gross weight you would have four hundred pounds and over which would be actual nutrient material, or you have four times as much food in ten bushels of corn before you feed it to your pig as you have after you and your pig have entered into copartnership.

"This is what your Western men call economy. But I have not quite done with the illustration. Your pig, when you began to fat him, was worth, we will say, four dollars on the foot. You feed him ten bushels of corn, worth forty cents per bushel, which makes you an outlay of eight dollars. Your trouble in fattening him is worth two dollars, making ten. The killing him is worth one dollar, making eleven dollars. He will bring, say, seven dollars a hundred in the market, making twenty-one dollars. You have, therefore, realized ten dollars profit for ten bushels of corn, which to you who sell the pig is an excellent investment, I admit; but how is it with the man that buys him?

He pays twenty-one dollars for one hundred pounds of nutrient material, whereas, had he bought corn, he would have paid four dollars for four hundred pounds of nutrient material. Thus, while you make ten dollars in feeding your corn to the pig and selling him to your neighbor, he, in buying and eating him, pays twenty-one dollars for an amount of nutrition which, if he had purchased it in corn instead of the pig, would cost him only one dollar. Thus he is two thousand per cent. out of pocket; and this is what you Western folks call *economy*."

A great, burly-looking fellow, who was as much taller than any man in the cars as Saul the son of Kish was taller than his fellows, said: "I swow that little feller over there is a regular mathematician; now, he has made it clear to me why I never got rich before. If I had eaten corn instead of pork I should have saved ever so much m ney, and I believe," looking right down on to the fat man with whom my conversation originally began, "I believe 'Squire' I should have been a good deal healthier than I have been, don't you?" The "Squire" said in reply, "Not unlikely, Judge." Then I had an opportunity to see out of what material in the West they made Judges and Esquires. I then called the attention of those present to the liabilities under which those persons rested who ate pork, to become scrofulous, affirming my conviction that its free use developed such conditions in the systems of those who ate it, that in the succeeding generations their children were sure to show scrofulous tendencies, and very likely, at an early age, to indicate strong proclivities to pulmonary consumption. I think I never saw a man of florid complexion grow pale more suddenly, and look as if he was going to faint away than did my obese friend. After I had made this remark he wiped his face, and looking up toward me, for I was still standing on the car seat, said: "Are you a physician?" "Not just at present," I replied; "I am a preacher of righteousness." "Joking aside, if you please," he asked, "are you a physician?" "No sir, I am not, I have had a good deal to do, however, with the sick, and have been a close observer of the causes that produce illness, and I am sure that I am not extravagant in my statement as to the injurious influences of the free use of swine's flesh upon the health of those who eat it, and the constitutional development of their offspring.

After this the conversation flagged, the people returned to their seats, and chatted and talked about one thing and another, and I resumed my talk with the gentleman with whom I began it. He told me that he was himself an invalid, had been the father of nine children, every one of whom had died under sixteen years of age, of unmistakable pulmonary disease, and until this interview with me, he had never thought or suspected that anything in his own personal habits might have in any way influenced the conditions of life in his children; but now he was strongly disposed to believe that his dietetic indulgences had paved the way for the early death of his loved ones. Our conversation then reverted to his own personal state and conditions of health, and I gave him some advice, for which he thanked me kindly, and we parted at the next station. In my next I propose to give my readers this man's history, till which time, farewell.

THE MOVEMENT-CURE.

BY CHARLES H. SHEPARD, M.D.

THE curing of disease by exercise or movements is one of those happy ideas which has been brought to light within a recent period. To a limited extent it has been practiced in various countries; but at the commencement of the present century, it was more fully developed and reduced into a systematic form by Peter Henry Ling, of Sweden. Finding himself relieved of rheumatism in the arm by fencing, the question arose whether other diseases might not be cured by exercises, and he followed up this suggestion till he had elaborated a system so comprehensive as to include exercises for educational, therapeutical, military, and esthetic purposes. The educational part of it is now adopted in the common schools of his native country.

Five years ago the writer commenced giving these exercises in the manner recommended and followed by Ling, and with more particular reference to the cure of disease. Every day's experience gives him increased confidence in recommending them for the beneficial effects which they are calculated to produce.

The Movement-Cure consists of a methodical application of well defined and appropriate rhythmic movements to the human body, an application founded on one of the laws of our organization. That law is the law of motion. Should its operation for one moment cease, we should immediately and seriously, perhaps fatally, suffer therefrom. There must be motion before we can breathe. The blood can not be thrown to every part of the body—here to be purified, there to nourish, to stimulate, etc., without the alternating movements of contraction and dilation of the heart. Our whole organism is a most wonderful machine, in which motion produces motion. Thus the minute changes are effected—the machinery repairs itself—is stimulated to action, and in turn communicates a continued motion.

If, therefore, in accordance with this law of motion, we can, by the application of special movements, increase or modify the means by which the organism performs any one function, we should expect to be able to control the whole organism in the same way, and experience fully justifies this expectation. The organism is a complete unity in which a determined sum of power is distributed, and unless this distribution is uniform, there is, of course, an increase of activity in one or more organs and consequent diminution in the others. If we can preserve equilibrium in these organs by maintaining the equilibrium of the circulation, we preserve health, and we restore it when lost by restoring this equilibrium. Herein is shown the advantage of special local movements, whereby the action of any part can be regulated, and thus harmony restored.

The movements employed are of two classes—active and passive.

The active movements consist of muscular motions performed by the patient himself, under the direction of the physician. They are uniform in their nature and regular in their action. They are more numerous and complex than the passive, and tax the knowledge and skill of the prac-

tionner to adapt them to the special demands made by the condition of the patient. The most prominent *active* movements are *flexion* and *extension*, the manner and extent of applying which require a thorough acquaintance with the anatomy of the muscular tissue; at the same time, when seen, it is obvious at once that they are well adapted to the purposes for which they are intended. They can be modified to almost any extent, so as to suit the condition of the patient and secure the most decided and permanent effects.

Passive movements consist chiefly of the following, namely, *vibration*, *percussion*, *longitudinal* or *transverse pressure*, *friction*, *rotation*, *kneading* or *manipulation*, and *ligation*. Here the patient uses no muscular action. He suffers his limbs to remain in a relaxed condition, while the physician himself, or operator, makes the movements. A movement may also be partly active and partly passive.

Each movement, whether active or passive, is controlled and directed by an operator, and the arrangement in such, that while one part of the body is being exercised, every other part remains in a state of comparative repose. Thus it is that local effects are produced, relieving parts that are morbidly oppressed, yet not at their expense.

The principal offices of these movements are to rouse the torpid frame, to enliven the activity of organs, to promote absorption and secretion, to cause a metastasis or derivation in cases of congestion or the like, to impart vigor to the powers of circulation, to bring back the frame to that proper exercise of its common functions which may be almost lost, or at least impaired, and, lastly, to induce harmonious development.

Take, for example, a person with a narrow, contracted chest, in which there is not room for the lungs to perform the motions intended by nature, a condition in which the very sources of vitality are obstructed. The practitioner of this treatment is at no loss to apply suitable movements to develop that chest, and so aid the lungs in fulfilling their office, thus making the chemical changes of the blood more perfect, and infusing new life throughout. By this simple act harmony is restored and health takes the place of disease.

Then, again, when a person of deficient vitality attempts exercise, his strength is soon exhausted. He uses up his energy and tissue in every direction, and not only fails to obtain any benefit, but often does himself a positive injury—whereas, by this treatment, a greater part of the body is placed comparatively at rest, and only a small part of it is exercised at one time, as the case may require, and thus the effort is concentrated and localized. He is therefore enabled to make a much greater effort in the given direction, and the benefit is in a corresponding ratio.

There is an impression abroad that the movements in question are the same as gymnastics. This is a mistake. Gymnastics are only for persons in health, and have not always conducted to a harmonious development, even with them, arising from a want, as we conceive, of a proper application of the laws of physiology; whereas these movements are for sick persons, and each one is adapted to the condition of the patient at the time of taking it. In pulmonary difficulties,

for example, gymnastics have in many cases done much harm, while these well-directed movements have had a most happy effect in giving relief even where a permanent cure was impossible.

Movements, such as walking, riding, etc., which exercise only a few sets of muscles, are excellent, as far as they go; but in persons of feeble vitality and local difficulties, they are not always applicable, and sometimes, when persevered in, have been productive of much injury to the general tone of the system. Such persons need a different treatment, and that which we have been describing is precisely adapted to meet their case. It is particularly applicable to all diseases connected with the circulation of the blood, and in fact to nearly all of the chronic class, such, for instance, as dyspepsia, muscular debility, rheumatism, gout, constipation, affections of the liver, nervous affections, "uterine diseases," pulmonary consumption in its early stages, scrofula, paralysis, and diseases of the spine. It is also highly useful to convalescents after fevers or other attacks, as well as in pleurisy, pneumonia, and bronchitis; but for acute disease generally, water in various forms is indispensable, and the two combined—*Movement-Cure* and *Water-Cure*—constitute a complete system, enabling the practitioner to do more in relieving disease than with either alone.

68 COLUMBIA ST., BROOKLYN, N. Y.

PHYSICAL CULTURE.

The following article upon "Physical Culture" was contributed to a late number of the *New York Observer* by Dr. Nathan Allen, of this city, in giving an account of the commencement exercises at Amherst College. Dr. Allen was chosen, some years since, a trustee of this college by the Legislature, and has taken quite an interest there in the establishment of a new professorship upon "Hygiene and Physical Education." The great subject of Health is creating more and more interest everywhere, and the importance of attending to it, particularly as connected with scholars in our primary, grammar, and high schools, as well as in colleges, can not be over-estimated.—*Vox Populi*.

THE subject of Physical Culture in Amherst College deserves more than a passing notice. We will state briefly what has been done here for physical education, as it is in advance of any other college in the land. In the years 1857 and '58, much interest was felt on the part of the President and some others in regard to the health and physical welfare of the students; and near the close of the last-mentioned year, earnest measures were taken toward raising funds for building a gymnasium. The Trustees, at their annual meeting in August, 1859, encouraged the movement, so that, in 1860, the Institution possessed a fine gymnasium building, fifty by seventy feet, two stories and a half high, with all the customary apparatus to such an establishment, at an expense of \$10,000.

Instead of leaving the thing there to take care of itself—for students to seek exercise voluntarily at their own convenience, without any guide or system of instruction—the Trustees determined to place the enterprise in a position where its importance and permanent success demanded. Nearly all gymnasiums connected with literary institutions, both in Europe and America, have failed to accomplish the results intended, because no system of exercises was adopted in harmony with the laws of the body, nor was the character given

them corresponding either to their importance or to what was accorded to mental acquisitions. The *real* object of gymnastic training should not be to exercise only particular muscles and joints of the system, so that great feats of agility and strength may be exhibited, but that every muscle, ligament, and joint may be so systematically and harmoniously exercised as to give the greatest amount of vigor and health to the whole body.

To accomplish this two things are necessary. First, "the *living teacher*—one thoroughly acquainted with the structure and functions of the body, as well as with the various laws of hygiene; and second, this physical training must be made a part of the regular system of instruction, the same, for instance, as the study of mathematics or the classics. It must be incorporated into the curriculum of studies, and stamped with the same importance and sanctions as are attached to any other branch. In accordance with such a plan, the Trustees proceeded, at their meeting in August, 1860, to establish a distinct department of "Hygiene and Physical Education," placing this professorship and its requirements upon the same footing as that of any other. All the exercises prescribed by this professor became a part of college duties, obligatory on every member of the Institution, and proficiency and deportment here were to come into the account of rank and scholarship, the same as in any other branch of study. Accordingly, a gentleman thoroughly educated in all the medical sciences was chosen as a teacher in this new department.

At the beginning of the fall term of 1860, this experiment commenced, and now what has been the result of one year's experience? It should be stated that all the students, from the beginning, have entered readily into the movement, and have manifested, not merely a deep interest, but a hearty enthusiasm, that, as far as they were concerned, it should have a fair trial. Without attempting to give a detailed account of all the various exercises practiced, it may be said the leading object has been to furnish such a variety as to develop *every muscle* of the body in a manner to afford pleasure, not fatigue, and under such circumstances as to keep up an increasing interest in every performance. In addition to the great variety of exercises afforded by a well-equipped gymnasium, the several classes formed into companies, with their respective officers, have been trained, with the use of dumb-bells, clubs, poles, etc., to go through, in regular order, almost an endless variety of evolutions, assuming every position of the legs, arms, and body possible. These various movements are made with such uniformity, sometimes rapid and at other times slow, and then interchanging from one kind to another, that they do not tire, and are performed, apparently, with remarkable ease and zest. Exercises that would be monotonous and burdensome to the individual performed alone, when practiced by a large company, create the greatest enthusiasm. Regular hours every day are devoted to these systematic exercises, sometimes in the open air, and again in the hall of the gymnasium. And not the first accident or least injury has as yet befallen any individual from over-exercise or in the performance of feats which, to the beholder, would seem very hazardous.

At the commencement of the last term the students became so much interested in the state of the country and defense of our government, that nothing short of regular military exercises would satisfy them. Accordingly, guns were obtained (without locks), and each class was marshaled into a regular military company, and put through all the various drills and tactics necessary for war, except use of powder and balls. Besides affording a pleasant variety of exercises, in harmony with the spirit of the times, and giving vent to an extraordinary amount of patriotism, these military drills should constitute permanently, to some extent, a part of the regular system of exercises. After the war and all rumors of war have passed away, this will undoubtedly be done.

There is no other way or means whereby students can obtain exercise in so short time, so conveniently, so pleasantly, and in a manner so wholesome, as the above arrangements provide. No kind of work, neither walking nor riding, or any other sport, can afford exercise that, in its practical operation or effects, can compare with it. In vitalizing the brain, strengthening the lungs, and producing a healthy action of the stomach—the three most important organs of the system—in fact, in strengthening alike every portion of the body, in improving the quality of the blood, and causing its equal circulation throughout every part of the system, no other exercise can begin to accomplish so much. It is attempting to preserve a sound and healthy body in harmony with its own laws—laws which are a part of the will and government of God, and should be recognized and obeyed.

Now what have been some of the effects, thus far, of such training? The health of students, for the time being, has been greatly improved; there has scarcely been a case of severe sickness among the students (250) for the whole year, and large numbers testify that they have been more free from headaches, sore throats, colds, dyspeptic as well as other complaints, than in any former year since the commencement of their studies. Many students find they have far better appetite than formerly—can now partake of food in kind and quantity which they could not once without injury—and some have gained in flesh five, ten, and twenty pounds. The very countenances of students indicate great improvement in health within the year; instead of frequently seeing the pale, sallow, or waxy appearance as formerly, you can not now perceive a solitary case of the kind; in fact, all their countenances, at the late commencement, presented such a freshness and healthiness as to attract the attention of even the casual observer. In such a favorable state of the physical system, it needs no argument to prove that the mind will work to far better advantage. In the same hours of mental application, such a person will accomplish far more. This is the testimony of the students, to a man, at Amherst, during the past year. So great has been the improved state of the brain and body for study, that the students speak as though, in point of close, intense, and successful application, they never knew before what it meant.

There is another advantage of no small amount secured, incidentally, by these physical exercises—they operate most effectively to preserve good

order, by affording a sufficient amount of innocent recreation, and giving vent to that redundancy of animal spirits found frequently among young men. As it tends to beget regular habits, not only of study and exercise, but also of sleep, as well as a natural appetite for wholesome food, there is not the same chance or inclination to loose company or scenes of dissipation. Another important advantage of such a course of discipline is that a healthy, well-trained body gives a sense of self-reliance which can not easily be obtained in any other way. As to the importance of the student possessing a sound constitution and vigorous health, after leaving college, it is impossible to find language sufficiently strong to express it. And it is needless to assert what is so notorious, that multitudes of students break down their constitutions and lose their health while pursuing academical or collegiate studies, and few ever after regain it. Much might be said here on the value of perfect health to every educated man, and that it can be obtained only by observing the great laws of life and health, as sketched in part above, but time and space will not permit.

CURIOSITIES OF SLEEP.

In Turkey, if a man falls asleep in the neighborhood of a poppy field, and the wind blows toward him, he becomes narcotized, and would die, if the country people, who are well acquainted with the circumstance, did not bring him to the next well or stream, and empty pitcher after pitcher of water on his face and body. Dr. Appenheimer, during his residence in Turkey, owed his life to this simple and efficacious treatment. Dr. Graves, from whom this anecdote is quoted, also reports the case of a gentleman thirty years of age, who, from long-continued sleepiness, was reduced to a complete living skeleton, unable to stand on his legs. It was partly owing to disease, but chiefly to the abuse of mercury and opium; until at last, unable to pursue his business, he sank into abject poverty and woe. Dr. Reid mentions a friend of his who, whenever anything occurred to distress him, soon became drowsy and fell asleep. A student at Edinburgh, upon hearing suddenly of the unexpected death of a near relative, threw himself in his bed and almost instantaneously, amid the glare of noon-day, sunk into a profound slumber. Another person reading to one of his dearest friends stretched on his death-bed, fell fast asleep, and with the book still in his hand, went on reading, utterly unconscious of what he was doing. A woman at Hamadt slept seventeen or eighteen hours a day for fifteen years. Another is recorded to have slept once four days. Dr. Macnish mentions a woman who spent three fourths of her life in sleep, and Dr. Elliotson quotes a case of a young lady who slept for six weeks and recovered. The venerable St. Augustine of Hippo, prudently divided his hours into three parts: eight to be devoted to sleep, eight to meditation, and eight to converse with the world. Maniacs are reported, particularly in the Eastern Hemisphere, to become furiously vigilant during the full of the moon, more especially when the deteriorating rays of its polarized light is permitted to fall into their apartment, hence the name of lunatics. There certainly is greater proneness to disease during sleep than in the waking state, for those who pass the night in the Campagna di Roma inevitably become infected with its noxious air; while travelers who go through without stopping, escape the miasma. Intense cold produces sleep, and those who perish in the snow, sleep on till the sleep of death.

LETTER FROM DR. A. SMITH.

THE "COLD" WATER-CURE—DEDICATION OF A NEW ESTABLISHMENT.

LIVING SPRINGS, Feb. 25th, 1862.

DEAR DR. TRALL: Thinking that you would like to hear how the cause of Hygienic medication is progressing in this part of the country, I pen you these lines. There are many people in this neighborhood who think favorably of the system, still they are rather slow to adopt it, from the fact that they have been taught by the German physician, who formerly practiced at this place, that all must be treated alike; that the colder the water the better for them, and that "water-cure" consisted entirely in the application of cold water in all conditions and stages of disease. These erroneous notions of the system are rapidly passing away, and giving place to more correct ideas of the system. Many of the best educated people in this section of the country, who begin to think for themselves on this subject, are getting disgusted with the whole drug system, and especially as it is practiced here. They begin to find out that it is nothing but the drugs they take that prolongs their sickness. It would be impossible for a drug doctor to live here without first making the people sick with his miserable poisons. We have, during the two years past, treated a great number and variety of diseases, especially diseases caused by drugs. Many of the most difficult cases we have had have been of that class, and, of course, were given up by the drug doctors as hopeless cases, yet out of these we have lost but one patient. This one might have been cured had it not been that his vitality had been too effectually used up by so many of the most poisonous drugs. We have performed some of the very best cures, reports of which I will give for the WATER-CURE JOURNAL as soon as time will permit.

We have been busy during the last year in erecting a large establishment. We expect to dedicate it about the first or middle of May and have it open for patients, and we most respectfully invite you to be with us at the time we dedicate the same so as to take a leading part in the ceremony—due notice of the exact time you shall have. Our new establishment is built of gray mountain stones, and it presents a fine appearance. The new building is seventy feet long, thirty-six wide, and four stories high. I know if you could but see our location you would pronounce it the best and finest, in all respects, of any similar place for the purpose that you ever saw. The air, water, walks, groves, scenery, etc., are all that any one could wish for in a place of this kind.

We would be most happy to have you come and see us before you start on your next Western tour. We are situated but one mile from a railroad leading directly to any part of the West.

Yours in the cause of reform,

A. SMITH, M.D.

WERNERSVILLE, BERKS COUNTY, PA.

A DOCTOR, who resides in one of our fashionable streets, on calling upon a gentleman who had been some time ailing, instead of drinking a glass of water, accidentally took a draught from a tumbler containing the medicine which he had prepared for the sick man; he was not made sensible of his error till he found himself getting ill, and his patient getting better.

Publishers' Column.

BOOKS ON TIME OR COMMISSION.

WE are in receipt of letters almost daily, soliciting us to send our books, to be paid for when sold, or at some definite time in the future; to all of which we are obliged to reply negatively.

We can not see that consigning books, or selling to agents on credit, would be productive of good results to us or the party purchasing. In all human probability some would order who would never pay; and honest men, wherever a credit business is done, have to be taxed to make up for the shortcomings of rogues. Consequently, if we adopt the credit system we can not sell at quite so low rates as at present. The pay-when-sold system never permits one to know how his business affairs stand, and requires too large a capital for us to engage in it, besides being subject to all the objections of a credit system.

Young man—or woman, if you desire to engage in the sale of our books, and have not sufficient money to procure a supply, the proper place for you to apply for credit is where you are best known. If your acquaintances consider you untrustworthy, it is not *honest* to ask us to trust you. If your credit is good at home, borrow the amount necessary, and remit the money for the books, the sale of which you will find both pleasant and profitable.

LETTERS FROM THE PEOPLE.

FOWLER AND WELLS—*Dear Sirs:* I have lived ten years without taking one particle of drugs, and have not been sick enough in the ten years to confine me to the house, let alone my bed, a half day in that time. They stare at me as though they did not believe what I said, and then they behold a man in his sixty-second year, with the flush and glow on the cheek of a youth. I ask what's the cause? when at forty-nine I was given up as incurable, and in the last stage of consumption; and now in my sixty-second year. And last harvest I had three hands mowing, and I could outmow any one of them, and I did a full hand's work all harvest with the cradle and with the scythe. And then in hauling in I went through as well as young men of from twenty-three to twenty-six years of age did. They ate meat and drank coffee; I lived on vegetables, and bathed on going to bed and getting up, and ate but three times per day, while they ate four times per day. Friend, I don't tell these things to boast about, but to let you see what the Hygienic system has done for me. I live now almost without any pains or aches. From year to year, and before I saw Dr. Shew's "Water-Cure Manual," I did not live an hour without pain, and would not boast but I feel thankful that I found not only the "Water-Cure Manual" and Dr. Shew's "Family Physician," but Dr. Trall's "Encyclopedia," and many other Water-Cure books that I have got, by which means I have been restored to health. But perhaps I shall weary you: I will say no more at present.

MESSRS. FOWLER AND WELLS: I belong to the U. S. Army; have been in hospital with "typhoid" since 24th Nov. Now convalescent; lungs bad. Read lately "Physiology, Animal and Mental," with more profit to me than cupping, etc. I want more of such books.

ANAPOLIS, MD.

C. D. M.

TO POSTMASTERS.—Merely stamping or writing *Free* on a letter does not constitute a frank, and postage is collected on such letters when delivered the same as if no mark appears. To frank a letter, the name should be written in full, thus: *Free—John Smith, P. M.*

Literary Notices.

CHRISTIAN WORSHIP. Services for the Church, with Order of Vespers, and Hymns. "That they all may be one; as thou, Father, art in me and I in thee, that they also may be one in us" 363 pages. New York: James Miller, publisher. Price \$1 00.

The volume under notice was prepared by Rev. Drs. Osgood and Farley, for use particularly in Unitarian church and family worship. This is not the place to discuss the question of the advantage or propriety of a liturgical form of Christian worship, but we may, perhaps, be permitted to say that we have always felt that more harmony of feeling and more real attention to the service could be attained where all could join in word as well as thought. Early associations, which are so powerful in their influence on us all, have doubtless done their part in establishing this opinion, but they have had the assistance of the reasoning of our more mature years.

While retaining much that has been so long in use by the Church of England, and those earlier churches by which the Christian religion has been preserved for us, it is so arranged that the services may not of need be so strictly formal, but be changed, if preferred, every Sabbath for the month. There is also much left to the free choice of the pastor or congregation.

The Vesper service, although comparatively new in this country, except to the Roman Catholics, has among many other things to recommend it that of antiquity, it having been used by the early Christians at the time of which we have the first reliable information concerning them.

The services for Communion, Baptism, Confirmation, Matrimony, and Burials are short, simple, and impressive, and such as every Christian, whatever may be his profession or belief, may most heartily join in.

The collection of Hymns is worthy of particular commendation, both as regards their adaptability for church worship and for the family circle. It is seldom that, in a collection of one hundred and fifty, we find so much religious devotion combined with poetic merit and practical moral teaching.

The whole work shows indefatigable exertion on the part of the authors and compilers, and is worthy the support of the Unitarian societies and the approval of all Christian people.

The mechanical execution is excellent and in good taste. The paper is white and fine, the letter large and clear, the binding in good taste and durable.

"PENFIELD EXTRA," published weekly at Penfield, N. Y., for fifty cents a year, by Nellie Williams, "a little lass not yet in her teens, who is the sole editress and compositor, and probably the youngest publisher and editress in the world." Any one who has a spare half dollar, and wishes to encourage honest industry and laudable ambition, can not do better than to subscribe for the "Extra." By the way, Nellie, ain't you afraid that after a while somebody will think you are out of your "sphere?" Ain't it lucky there isn't any such thing as *girls' rights*?

THE GARDENER'S MONTHLY—Thomas Meehan, editor. W. G. P. Brinckloe, Philadelphia, publisher. This we believe to be equal to, if not the best horticultural monthly published in America. It contains thirty-two large pages (with engravings), at the very low price of ONE DOLLAR a year. It is more practical, and consequently better adapted to the wants of a rural community, than horticultural magazines are apt to be, while it does not neglect the interests of the professional gardener.

THE DIAL, published weekly by Jas. P. Bonner, 201 William Street, New York, gives the rising and setting of the sun and moon; time of high water; closing of the mails; time tables of the steamboats and railroads from New York; sailing days of foreign steamers; location of piers, and other matters of general interest. Price, \$3 75 a year.

A. S. Fuller, Brooklyn, L. I., has issued his catalogue for 1862, of "fruit and ornamental trees, shrubs, plants, and vines." We do not remember having seen anywhere else so full a list of the botanical and common names of ornamental and evergreen trees, deciduous shrubs, and hardy herbaceous plants as is therein contained. This list makes it worthy of preservation.

D. Brinckerhoff & Co., Fishkill Landing, N. Y., have sent us their catalogue of choice bedding, greenhouse and stove plants, in which we find a fine collection of the best varieties, at low prices. See Advertisement.

THE AMERICAN PHRENOLOGICAL JOURNAL AND LIFE ILLUSTRATED for April (now ready) contains—George W. Julian, Phrenological Character and Biography; Education and Training Phrenologically Considered—No. 9; A Shelf in our Cabinet—No. 8; The President's Son; People of whom more might have been Made; The Quiet Home; The Five Gateways of Knowledge—No. 4—The Tongue; John P. Hale, Phrenological Character and Biography; Captain John Ericsson; Personal Influence; The Church and the Man; Phrenology in Europe; The Parsee, Jew, and Christian; A Good Way; Better Late than Never; Training and Education; Hints to Mean People; Taking Chloroform; Injury of Brain; Nellie Williams and her Paper; Letter of a Dying Wife; Beside my Father's Mill; Tape-worm; Water; Opinions of the People; To Correspondents.

OLIVER DITSON & Co, 277 Washington Street, Boston, have just published:

WINNER'S PERFECT GUIDE FOR THE FIFE, with instructions clearly and simply treated; and for practice, more than 150 operative and popular airs are added, forming a complete collection of the best melodies of the day. The Army Drum and Fife Book contains full instructions, the Reveille, the Tattoo, the various calls and beats used in the service, and a choice collection of music; also,

THE BUGLER'S CALL-BOOK, containing all the Infantry Calls and Calls for Skirmishers used in the U. S. Army. Edited by Keach Burdett and Cassidy. They also send us "General Burnside's Victory March;" "Grande Valse Brillante," for the piano; "The Patriot's Chorus;" "Polish Liberty March" (Der Senseneräger); "Ole Massa on his Trabels Gone" (quartette, words by Whittier); "The Vacant Chair" (song); "Bell Blair" (ballad); and "Sunny-side the Way" (song).

CHAMBERS' ENCYCLOPEDIA, a Dictionary of Universal Knowledge for the People. Illustrated with Maps and numerous Wood Engravings. Published in semi-monthly parts at 15 cents each. To be comprised in six or seven volumes, or eighty or ninety parts. J. B. Lippincott & Co., publishers, Philadelphia.

During the publication of this Encyclopedia, which has now reached its forty-third part or number, we have felt obliged, as a part of our duty to the public, to speak of it with approbation, and as the work progresses we see no occasion to qualify our recommendation. It will be for many years the most popular encyclopedia in print. Without being so voluminous, and consequently expensive, as to put it beyond the reach of persons of limited means, it is still sufficiently comprehensive to answer the purpose of the general reader. The wood engravings add very much to its value, often giving more information at a single glance than could be imparted by pages of letter-press description. Three volumes of this valuable work are complete, and are furnished in cloth for \$3 each, or bound in sheep for \$3 50.

THE VINEYARD. Devoted to Grape Culture.

The above is the name of a monthly of eight pages the same size as those of the JOURNAL, published by Peck & Rowe, 11 Exchange Place, Jersey City, N. J., for the small sum of twenty five cents a year.

Its object is to spread all kinds of information relative to grapes and grape culture—what varieties are considered best—how to propagate and how to cultivate, and everything else connected with the subject. They have no peculiar ideas to advance and no particular varieties to sell or puff into notice, but propose to give common-sense articles that can be understood and practiced upon by every one that has a grape-vine or a place to plant one.

Notes and Queries.

Wm. W., Arkada, W. T.—What per cent. of water will a hydraulic ram raise to a height of twenty feet, the fall being five feet? It has been found, by careful experiment, that in machines of this kind there is a direct loss of about forty per cent. of the whole force, by the water flowing through before a sufficient motion is obtained to close the valve, by friction, etc., leaving sixty per cent. of the whole force to be used in forcing up the smaller column. Hence it follows that to force a given amount of water twenty feet high, with a fall of five feet, will require a volume of water equal to six and two third times that amount, or in other words, we can force fifteen per cent. of the whole volume of water twenty feet high with a fall of five feet.

J. B.—What is the proper pronunciation of the name of Ericsson, the projector of the Monitor?—E'-rik-son.



NEW YORK, APRIL, 1862.

WATER.

"To the days of the aged it addeth length,
To the might of the strong it addeth strength.
It freshens the heart, it brightens the sight,
'Tis like quaffing a goblet of morning light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

A NATIONAL HYGIENIC ASSOCIATION.—

In view of the fact that "business is beginning to resume its former channels," which means, we suppose, that the war is about to end, the *New York Medical Times* suggests the propriety of holding a National Medical Convention, which was postponed last year on account of the disturbed condition of our political affairs. We propose to imitate our brethren of the Allopathic School, and hold a National Medical Convention of Hygienic physicians at the same time and place. What say you, brothers of the new Gospel of Health? We have a controversy with the Drug School. Its champions will not come to us to settle it. Shall we not go to them? We will then and there challenge them, one and all, to meet and discuss our differences before the people. For one we will promise to be "on hand." Who else will volunteer? True, they are many and great in the world's estimation; we are few and small, even in our own estimation. But as the youthful David went forth to battle against the proud and imperious Goliath of Gath, confiding in the protection of Heaven, so may we, in full reliance on the truth of our system, meet all the Philistines of error in the world. Let us hear from you, Jackson, Kimball, Traer, Cameron, Coleman, Humphrey, McCall, Nevins, Miles, Gully, Blackall, Glass, Beaumont, Miller, Jones, Phillips, Bigelow, Browning, York, Hurd, Messinger, Mead, Potter, Rowland, Maxson, Sargeant, Smith, Trine, Swanson, Vail, Whaley, Brown, Betts, Case, Chase, Childs, Dunton, Fales, Weed, Hamilton, Lines, McCune, Ferguson, Viney, Woodward, Brent, McLaurin, Hobbs, Davis, Dunham, Herrick, Kays, Kerney, Myers, Meyer, Reed, Wright, and others, whose names and whereabouts do not occur to us.

Some of you are fluent talkers; most of you can talk well; all of you can say something; and any one of a dozen of you is enough for the whole Allopathic Convention should we be so fortunate as to get into an argument—hardly a supposable case, by the way.

Then we shall have the fair countenance, inspiring presence, and efficient aid of many of the women who are practitioners of our system, some of whom are accustomed to public speaking. Let us hear from Mrs. Page, Miss Fairchild, Miss Hyde that was (she is married, and we can not recall her present name), Mrs. Humphreys, Miss Inman, Miss Higgins, Mrs. Maury, Mrs. Choate, Miss Cookingham, Miss Goodell, Mrs. Yorke, Miss Austin, Mrs. Harman, Mrs. Sargeant, Mrs. Smith, Mrs. Campbell, Mrs. Estee, Mrs. Fales, Mrs. Weed, Mrs. Sykes, Mrs. Warren, Mrs. Foster, Mrs. Guthrie, Mrs. Harrington, Mrs. Wood, Mrs. Kerney, Mrs. McCune, Mrs. Maxson, Miss Shotwell, Mrs. Stillwell, Mrs. Williams, Mrs. Wines, and other female M.D.'s of our School.

We are perfectly willing to risk our cause in the hands of the women alone, against the forty thousand drug-doctors of the United States.

The *Times* proposes Chicago as the place, and the first Tuesday of June next as the time for the next meeting of the American Medical Association. We propose that the American Hygeio-Therapeutic Association meet in Chicago, in general health convention, on Wednesday preceding the first Tuesday in June next. Our proceedings will all be open to the public, while the doings of the other school will all be in private conclave. Our object in meeting a few days earlier than our brethren of the rival school, is to have time enough to give our lectures and public addresses, and be ready for a discussion with "the party of the other part," provided they are willing. Will not our friend, and that sterling reformer, Rolla A. Law, of Chicago, secure us a proper place for holding our Convention?

POLITICAL POWER OF ALLOPATHY.—One of the chief, indeed the chief reason urged by the *Medical Times* for having a National Convention soon, is to head off the Homeopaths in their attempts to be placed on an equal legal footing with Allopathy. The *Times* says:

In connection with this meeting of the Association, we desire to allude to a matter which seems

to us to claim more attention than it is receiving from the profession. The practitioners of Homeopathy are, at the present juncture, putting forth all their efforts to obtain some efficient or legal recognition of that system of practice. We can prevent any recognition of this system, either by State legislature or the general government if we choose to make an exertion for that end. There is no class of men in the country who can exert a stronger influence, by united action, for any important object, than the members of the medical profession; with union and action we can become irresistible. We can make and unmake legislatures.

We have an interest in this matter. We are in favor of equal rights. We believe that Homeopathy should stand, officially and legally, on a footing with Allopathy. For legislatures to recognize one medical system and reject another is gross injustice. Let the Allopaths succeed in controlling the legislatures against Homeopathy, and they will soon try their intolerant and bigoted hand against us. Our system is already recognized, legally, by the Legislature of New York, in the act of incorporating the Hygeio-Therapeutic College; but so long as Allopathy can "make and unmake legislatures," no liberal and progressive system is safe. We propose to meet our opponents in National Convention, and dare them to discuss the merits of our respective systems before the people, and then we will have no fears of their making or unmaking legislatures.

PRINCE ALBERT AND TYPHUS OR TYPHOID FEVER.—Since the death of Prince Albert, who is said by the *London Medical Times and Gazette* to have died of typhoid fever, but who in reality died of alcoholic medication, the medical journals have renewed the controversy as to whether English or American physicians are entitled to the honor of first recognizing the distinction between typhus and typhoid fever. As this is merely a meaningless technicality—a tweedle-dee and tweedle-dum affair, they had much better discuss the more important and practical question, what killed Prince Albert?

DEATH OF WILLIE LINCOLN.—When we were in Washington recently, the papers stated that Willie was sick. Knowing that the more distinguished in life the patient the greater the number of physicians, the more numerous the drugs, and the greater the danger of being killed, we improved the occasion to send the President a copy of the *Hydropathic Encyclopedia*, with our lecture on *The Principles of Hygeio-Therapy*, and a complimentary ticket to attend our lecture in the Smithsonian.

And in that lecture we took occasion to say—hoping that some one on terms of intimacy with the members of the White House might be present—that when great or wealthy men were sick, their chances to recover were much less than those of a poor man sick of the same disease; and we explained how it was that Douglass, Cavour, and Albert were killed by drug treatment, as were also Washington, Harrison, and Taylor. But we could not reach the ear of the father so as to save the life of the son. Little Willie, a healthy, robust, playful, genial, and happy child as was ever seen, had a slight cold; it was doctored into a continued fever; this was drugged into the typhoid, and then the typhoid was dosed into—*death*; and the sprightly, joyous boy of a few days ago, now lies pale and moldering in the cold and silent grave. As Willie Lincoln died, so do thousands die every year.

REGULAR PRACTICE vs. QUACKERY.—Among the patients we were called on to visit and prescribe for during our late sojourn in Washington city, were several officers of the army. One of them is now under treatment in our New York establishment. Two months previously he had the jaundice, which, in one week was doctored into inflammation of the liver; in one week more, the inflammation of the liver was drugged into the typhoid; and in another week the typhoid was dosed into rheumatism; and as the rheumatism refused to be *cured* into something else, it remained a fixture, and the more the military physician, *alias* "Surgeon of the Regiment," doctored, and dosed, and drugged at the rheumatism, the more it refused to be cured, and when we saw the patient he was badly crippled and in a horrible plight. His right arm was badly swollen; his left leg and hand inflamed and the joints distorted; one knee-joint enlarged, and the sinews spasmodically contracted. Mercury, colchicum, etc., had done their work. The patient was of excellent constitution originally, and had never had any serious sickness before; but in two short months the doctor had made of a jaundiced patient, whom any respectable Hydropathist would have cured in a week, a rheumatic cripple for months. On learning his true condition the patient started at once for No. 15 Laight Street, New York, where it may take us several months to undo what his regimental doctor has done in a few weeks. He is

gradually and constantly improving, and a few days ago had occasion to apply for an extension of his furlough, so we gave him a certificate stating his condition, etc., never doubting, as we were a *regular* physician, orthodoxically educated and in good standing—no charge of quackery or irregularity, or unprofessional or improper conduct ever having been preferred against us—that our testimony would "pass muster," as it has always done before. But the Washington dignitary refused to receive it on the ground that we were a "notorious quack." Perhaps he had heard us lecture in Washington, or at least heard of our lecturing there. Does quackery consist in killing or curing a gentleman officer and fellow-soldier? Answer us that, Mr. Surgeon of the Regiment?

THE PARIS HOSPITALS.—It may seem strange to our readers that men can be educated in the first medical schools in the world, and yet be entirely ignorant of the importance and necessity of pure air in the hospital and apartments of the sick. Yet when it is understood that health is not taught in medical schools, the wonder will cease. A writer in the *Medical Times*, in speaking of the Paris hospitals, says:

Besides being poorly ventilated, the hospitals are but scantily lighted. In the lower wards of hospitals in the "Quartier Latin," the patients are seen through a dingy twilight. The attendant carries a tallow candle in his hand to throw light perhaps on a case of hospital gangrene. The majority of the professors are, it would seem, in favor of this lack of light and air, as their amphitheaters, for instance, can be readily ventilated if they so choose; but no, such are generally as foul as larger-bier saloons in the basement.

COOL AIR IN MEASLES.—Dr. Charles H. Rawson, Surgeon of the 5th Regiment Iowa Volunteers, writing from Syracuse, Mo., states in relation to the treatment of measles in tents and on the march:

I found the cooler the patient was kept, *if not cold*, the less the eruption, and the less the eruption the quicker the convalescence. In those kept warmly covered, the eruptions would be profuse, and the patient very sick at the stomach, and greatly prostrated, and recovery very slow. I am fully convinced that if all cases of this disease were treated in tents instead of warm houses, it would prove more beneficial and less destructive to life.

These are important suggestions. We have always taught, as all of our medical classes will recollect, that the cooler the patient could be kept without absolute discomfort the more vigorous would be the cutaneous depuration, and the more easily would the virus be expelled. And this principle applies equally to all eruptive

fevers, measles, small-pox, scarlatina, erysipelas, etc. The danger of these diseases may always be measured by the extent of the eruption, as this involves the degree of the destruction of the cutaneous function. When eruptive fevers prevailed, epidemically, in the middle ages, the physicians, on the theory that the virus must be expelled by profuse sweating, resorted to heating medicines and appliances, and the mortality was frightful.

COMFORT FOR THE WOMAN'S RIGHTS WOMEN.—An exchange has the following:

At a recent election in Oskaloosa, Iowa, M. S. Nancy Smith, Democrat, was elected Mayor by a majority of twenty-one over the Republican candidate for that office.

THE LORD'S PRAYER.—One of the most magnificent works of art we have ever seen, is an ornamental drawing or painting of the Lord's Prayer, executed with a pen in India ink, by D. F. Brown, who received the first prize at the World's Fair for all styles of penmanship. The Prayer is printed in an entirely original style of letters; interspersed among them are twenty-four pictures representing the most important acts and events in the life of Christ, all taken from the most celebrated of the old masters. The size of the work is twenty-eight by thirty-eight inches, and the artist has already spent five years in executing it. We are informed it is to be engraved on steel in the very best style of the art, at a cost of not less than ten thousand dollars. It will be sold by subscription, and will no doubt be amply remunerative to the proprietor.

WARREN'S PEN AND PENCIL CASE.—One of the neatest and most convenient inventions of the day for the comfort and economy of writers, especially for those who desire to go around with pen and pencil in pocket, ready for all emergencies, is the Pen and Pencil Case, or Patent Shield, invented by Mr. J. Warren, of Brooklyn. It is cheaper than any slide case in market; not liable to get out of order; is always tight, yet works free and easy, and short pencils, from one to three inches in length, can be employed as well as whole or long ones; and besides, it is more portable or *pocketable* than any other combination of pen and pencil.

PRESIDENT FELTON ON BRAIN LABOR.—President Felton, whose death has been recently announced, has left a legacy to the world of more value than a California

mine in his recent remarks on the effect of hard study on the mind. We have long contended that it was *never* overworking of the brain, but underworking of the body, combined with unphysiological habits of life, that ruined the health of so many of our studious people. Professor Felton said on a recent occasion:

It is frequently supposed that hard study is very unhealthful; and it is even supposed by some that young people kill themselves by hard study. I wish to say emphatically that all these stories are monstrous fabrications; that no child, girl, boy, man, or woman ever died of study, or even injured themselves by hard study; and that all complaints made against schools of injuring the health of students by hard study, are utterly calumnious and false; and that among the most healthful exercises, the exercises that most promote vigor, strength—physical vigor, physical strength—is the exercise of the human brain, which is itself a physical organ, only it must not be exercised alone. But the pale and puny student, who flatters his self-conceit that he is suffering dyspepsia, and all the ills that come with it, because he is so *intellectual*, may not lay that flattering unction to his soul any longer; it is because he is a *fool*; it is because he is a fanatic; it is because he has not exercised his brain, and has neglected the other parts of his system also. With a sound system of physical exercise and healthy modes of living, that same pale and self-fancying intellectual being would accomplish twice, four times the intellectual work that has brought him to death's door—and he prides himself on being in that very pleasant position.

It has been proved by statistics, that among the longest lived, as a general rule, are the most intellectual. Prof. Pierce, of our University, examined the subject, and he found, somewhat to the surprise of a portion of the community—I won't say what portion—that taking classes in the average, those that are the first to die are those who are the dullest and stupidest, and most irregular during their college life; while, as a general rule—of course there are exceptions, but exceptions prove the rule in this as in other things—the good scholars, those who exercise their brains constantly, thoroughly, faithfully, and have performed all their duties conscientiously, are the longest lived. I think these facts really worth being impressed upon the young.

MADISON WATER-CURE.—We are obliged to withdraw our advertisement of this institution, and announce to our readers that we shall not open it as a Western "Hygeian Home," as contemplated. Our explanation is as follows: Last fall one of the proprietors, while in the city, urged us to take the place, and professed to be willing to offer us very liberal terms, etc. Just before starting on our trip to the West, in December last, we addressed a letter to the owners offering to pay their price and proposing terms of payment, with a request that, if acceptable, they would address us a note to that effect at Peoria, Ill., where we were to lecture the following week. At Peoria we received an answer requesting us to visit Madison, as "a satisfactory arrangement could no doubt be made." We regarded this as an accept-

ance of our proposition, and visited the place, saw the owners, and renewed the proposition, stating to them distinctly and repeatedly that we *could not and would not* take the place on any other terms of payment than those we had offered. We parted with them with the understanding that if they concluded to consummate the trade, they could at any time send on articles of agreement to New York to be executed between the parties. Before reaching home we received a letter from the owners—Messrs. Delaplaine and Burdick—informing us that the matter had been referred to their attorney in New York. This we could not understand (as there had never been but one proposition on our part) to mean anything except an acceptance of our proposition—for we had very emphatically assured Messrs. D. and B. that if they concluded *not* to accept our proposition, it would be useless to do anything in the premises—and accordingly we sent on an advertisement that we would open the place the first of May. On reaching New York we called on their attorney, and found, to our surprise, a proposal to sell us the place, on terms and conditions never mentioned between us, impossible to comply with, and without the least reference to the proposition we had several times made, and positively assured the owners was the only possible basis of a trade between us. And so the matter ends so far as we are concerned.

LECTURES IN CANADA.—In response to invitations from friends in Canada, we shall give a course of lectures in Toronto, commencing on Monday evening, April 14th, and continuing throughout the week. On the following week we shall lecture in Oshawa on Tuesday, Wednesday, and Thursday evenings. Our programme of subjects will embrace the fundamental principles of all medical systems, the philosophy of the rational or Hygienic system; its application to the treatment of all diseases; Health and Diseases of Woman; Diet, Regimen, etc.

Invalids who desire can consult on the days succeeding the lectures from 10 A.M. to 2 P.M.

We send specimens gratuitously with pleasure; but our friends must not be disappointed if they do not receive the particular number desired. We do not make any numbers to serve us as specimens, but intend that any month's issue shall be a fair index of the year, and consequently use for distribution those of which we have a surplus after supplying subscribers.

To Correspondents.

Answers in this department are given by Dr. TRALL.

CONTUSION OF THE BRAIN.—B. S. A., Rutland, Wis. The patient is fifteen years of age; two months ago, when in the yard with the sheep, he caught hold of one of them in play, and it hit him with its short horn on the temple—a hard rap. He paid little attention to it at the time, but soon found that he could not spit in a straight direction, and the next morning we noticed that the muscles of his face were distorted a little to one side, and when he laughed the distortion was increased. There was also a little defect in his speech, and he could not shut one eye. The allopathic physician calls it a partial paralysis caused by the blow on the temple (which, by the way, was on the opposite side), and ordered blisters to the back of the neck, castor oil and turpentine to move the bowels, stimulating liniments for the face, and advises strychnine if these remedies do not succeed. But we opposed his prescription so much, that he would not call again.

There is probably more effusion or extravasation in the brain. He should be kept on a very strict and spare diet, take a tepid bath each morning in a warm room, and a tepid hip and foot bath once or twice a day. It is well for him that the doctor refused to call again. His drug-gery would have been much worse than the disease.

OUR CANADA TRIP.—We expect to visit Canada West, and lecture in Oshawa, Ottawa, and perhaps in Toronto and Hamilton, in April or May, but can not now designate the exact time.

PALPITATION.—C. A. L., Charlestown, Mass. Do not fear any organic affection of the heart. All of your symptoms indicate a nervous irregularity of the heart's action, the result of dyspepsy, and aggravated by the excessive use of coffee and tobacco. Correct your unphysiological habits, and your heart will beat smoothly again in a little time. A tepid bath should be taken daily, but do not use very cold water. Exercise in the open air as much as possible without great fatigue. Sedentary habits are ruining your constitution.

LECTURES—A. S. M. We will lecture each evening for one week—Monday to Saturday inclusive—in as many and in such places as you will make arrangements in your immediate vicinity, and give one afternoon lecture on special diseases to ladies; and, if you choose, speak on Sunday afternoon on the "Gospel of Health," for \$100, paying our own traveling fare and other expenses.

LECTURES IN CANADA.—J. B., J. L., and O. P. W. We are expecting to visit Canada, and lecture in your places some time during the month of April or May, but dare not now make appointments.

VACCINATION, ETC.—R. B., South Avon, N. J. DR. TRALL: 1. Do you advise vaccination? The small-pox is near us, and the neighbors think me crazy because I do not have my boy, fourteen years old, vaccinated; but I am so fearful he will get more disease than he will avoid, I have not had it done.

2. What Physiology is the best for my boy to study? I have but one child, and he is not rugged, and I wish him to learn to live as he ought while he is young, therefore I trouble you.

3. If you were very sick and could get no assistance, hygienically, not so much as a hand-bath, would you trust to nature alone before taking vegetable medicine?

4. Can varioloid be carried in the garments and given to another?

I much wish your journal of health could have a more befitting name. Its title rivets the preconceived opinion that "cold water" is all that is used to cure the sick. "The Hygienic Teacher" is decidedly the best appellation I have heard of.

Please answer these questions in the WATER-CURE JOURNAL, and oblige one of its subscribers, who thinks there is no better authority on the laws that govern the living system than Dr. Trall, and who considers him one of the greatest benefactors of the human family now living. I think thousands yet unborn will call him blessed. Pardon this trespass on your valuable time, but my heart is so full of thankfulness toward yourself and others of the leading champions in this blessed work of emancipation from ignorance and misery, caused by the delusion of the drug doctors, that I must acknowledge it.

1. We do not advise vaccination when the children can be kept in healthy conditions; otherwise, although there is always a risk in it, it may be the least of two evils. Our children have never been vaccinated.

2. Fowler's is as good as any. 3. Certainly, we would.

4. Yes.

Miscellaneous.

PRO PAT-RIA.

BY R. H. NEWELL.

Two Irishmen out of employ,
And out of the elbows as aisily,
Adrift in a grocery store,
Were smoking and taking it lazily;
The one was a broth of a boy, [again,
Whose cheek-bones turned out and turned in
His name was Paddy O'Toole—
The other was Mither McFinigan.

"I think of enlistin'," said Pat,
"Because do you see what o'clock it is!
There is nothin' adoin' at all
But drinkin' at Mrs. O'Dockarty's.
It's not until after the war
That business times will begin again,
And fightin' the duty of all!"
"You're right, sir," says Mither McFinigan.

"Bad luck to the Rebels! I say,
For kickin' up all this bobbery—
They call themselves gentlemen, too,
While practicin' murder and robbery;
Now, if its gintale for to stale,
And to take all your creditors in again,
I'm glad I'm no gintleman born!"
"You're right, sir," says Mither McFinigan.

"The spalpeens made bold to remark,
Their chivalry couldn't be ruled by us;
And by the same token, I think,
They're never too smart to be fooled by us;
Now, if it's the nagurs they mane
Be chivalry, then it's a sin again
To fight for a cause that's so black!"
"You're right, sir," says Mither McFinigan.

"A nagur's a man, ye may say,
And aigual to all other Southerners,
But chivalry's made him a brute,
And so he's a monkey to Northerners;
Sure, look at the poor crathur's heels,
And look at his singular shin again,
It's not for such gintlemen fight!"
"You're right, sir," says Mither McFinigan.

"The nagur States wanted a row,
And now, be me sowl, they have got in it;
They have chosen a bed that is hard,
However they strive for to cotton it.
I'm thinkin' when winter comes on,
They'll be inclined to come in again;
But then we must bate them at first!"
"You're right, sir," says Mither McFinigan.

"Och, hone! but it's hard that a swate,
Good-lookin' young chap like meself, indade,
Should lose his ten shillings a day,
Because of the trouble the South has made;
But that's just the reason, you see,
Why I should help Union to win again;
It's that will bring wages once more!"
"You're right, sir," says Mither McFinigan.

"Joost mind what old England's about,
A sendin' her throops into Canada,
And all her ould ships on the coast
Are ripe for some treachery any day;
Now, if she should mix in the war—
Be jabbers! it makes me head spin again—
Ould Ireland would have such a chance!"
"You're right, sir," says Mither McFinigan.

"You talk about Irishmen, now,
Enlistin' by thousands from loyalty,
But wait till the Phenix Brigade
Is called to put down British Royalty!
It's then with the Stars and the Stripes
All Irishmen here would go in again,
To strike for the Shamrock and Harp!"
"You're right, sir," says Mither McFinigan.

"Och, murther! my blood's in a blaze,
To think of bould Coreoran leading us
Right into the camp of the bastes,
Whose leeches so long have been bleeding us!
The Stars and Stripes here at home,
To Canada's walls we would 'gin again,
And wouldn't we rise them at Cork?"
"You're right, sir," says Mither McFinigan.

"And now at the South, do ye mind,
There's plenty of Irishmen mustering,
Deluded to fight for the wrong,
By rebel misstatements and blustering;
But once let ould England, their foe,
To fight with the Union begin again,
And sure, they'd desert to a man!"
"You're right, sir," says Mither McFinigan.

"There is never an Irishman born,
From Maine to the end of Secessiondom,
But longs for a time and a chance
To fight for this country in Hessiandom;
And so if ould England should try
With treacherous friendship to sin again,
They'll all be on one side at once!"
"You're right, sir," says Mither McFinigan.

"We've brothers in Canada, too—
(And didn't the Prince have a taste of them?)
To say that to Ireland they're true,
Is certainly saying the laste of them;
If, bearing our flag at our head,
We rose, Ireland's freedom to win again,
They'd murther John Bull in the rear!"
"You're right, sir," says Mither McFinigan.

"Hurroo for the Union, me boys!
And the devil take all who would bother it!
Secession's a nagur so black,
The devil himself ought to father it;
Hurroo for the bould Sixty-ninth!
That's presently bound to go in again;
It's Coreoran's rescue they're at!"
"You're right, sir," says Mither McFinigan.

"I'm off right-away to enlist,
And, sure, won't the bounty be handy-O,
To kape me respectably dressed,
And furnish me dudeens and brandy-O;
I'm thinkin', me excellent friend,
You're eying that bottle of gin again—
You wouldn't mind thyrin' a drop?"
"You're right, sir!" says Mither McFinigan.

THE TURKISH BATH.

[CONTINUED.]

I MUST not here omit all mention of an interlude in which Europeans take no part. The Musulmans get rid of superfluous hair by shaving, or depilation.* The depilatory is composed of orpiment and quicklime, called in Turkish *ot*, in Arabic *deva*. The bather retires to a cell without a door, but at the entrance of which he suspends his waist towel; the bath-man brings him a razor, if he prefers it, or a lump of the *ot* about the size of a walnut. In two or three minutes after applying it the hair is ready to come off, and a couple of bowls of water leave the skin entirely bare, not without a flush from the corrosiveness of the preparation.†

The platform round the hall is raised and divided by low balustrades into little compartments, where the couches of repose are arranged, so that

* Toutes les femmes Mahometanes sont dans l'habitude de s'épiler, et cela encore par principe religieux. Elles y emploient une agüe très fine (ot) d'une qualité mordante, les hommes en font de même. Le plus grand nombre cependant se sert du rasoir.—D'OUSSON, vol. II. p. 62.

† The Romans had the same practice, "Pilos extirpare per pilothri medicamentum."—PLINY. The *terra mediæ* was used, Dioscorides tells us, for depilation.

while having the uninterrupted view all around, parties or families may be by themselves. This is the time and place for meals, The bather having reached this apartment, is conducted to the edge of the platform, to which there is only one high step. You drop the wooden patten, and on the matting a towel is spread, anticipating your foot-fall. The couch is in the form of a letter M* spread out, and as you rest on it the weight is everywhere directly supported—every tendon, every muscle is relaxed, the mattress fitting, as it were, into the skeleton: there is total inaction, and the body appears to be suspended.‡ The attendants then reappear, and, gliding like noiseless shadows, stand in a row before you. The coffee is poured out and presented; the pipe follows; or, if so disposed, you may have sherbet or fruit; the sweet or water melons are preferred, and they come in piles of lumps large enough for a mouthful; or you may send and get kebobs on a skewer; and if inclined to make a positive meal at the bath, this is the time.

The hall is open to the heavens, but nevertheless a boy with a fan of feathers, or napkin, drives the cool air upon you. The Turks have given up the cold immersion of the Romans, yet so much as this they have retained of it, and which realizes the end the Romans had in view to prevent the after breaking out of the perspiration; but it is still a practice with the Turks to have cold water thrown upon the feet. The nails of the hands and feet are dexterously pared with a sort of oblique chisel; any callosities that remain on the feet are rubbed down. During this time the linen is twice changed.‡ These operations do not interrupt the chafing of the soles,§ and the gentle patting on the outside of the folds of linen which I have mentioned in the first stage. The body has come forth shining like alabaster, fragrant as the cistus, sleek as satin, and soft as velvet. The touch of your own skin is electric. Buffon has a wonderful description of Adam's surprise and delight at his first touch of himself. It is the description of the human sense when the body is brought back to its purity. The body thus renewed, the spirit wanders abroad, and, reviewing its tenement, rejoices to find it clean and tranquil. There is an intoxication or dream that lifts you out of the flesh, and yet a sense of life and consciousness

* The *duretum* introduced by Augustus at Rome: "On trouve alors des lits délicieux: on s'y repose avec volupté, on y éprouve un calme et un bien-être difficiles à exprimer. C'est une sorte de régénération, dont le charme est encore augmenté par des boissons restaurantes, et surtout par un café exquis."—D'OUSSON, t. VII. p. 63.

† Strange as it may appear, the Orientals, both men and women, are passionately fond of indulging in this formidable luxury; and almost every European who has tried it speaks with much satisfaction of the result. When all is done, a soft and luxurious feeling spreads itself over your body; every limb is light and free as air; the marble-like smoothness of the skin is delightful; and after all this pommeling, scrubbing, racking, parboiling, and perspiring, you feel more enjoyment than ever you felt before.—*Library of Travel*.

‡ Galen (*Method. Therap.* l. x. c. 10.) says, "Let then one of the servants throw over him a towel, and being placed upon a couch, let him be wiped with sponges, and then with soft napkins." How completely this is the Turkish plan, one familiar with the bath only will understand; explanation would be tedious.

§ If you desire to be awakened at a certain hour, you are not lugged by the shoulder or shouted at in the ear; the soles of your feet are chafed, and you wake up gently, and with an agreeable sensation. This luxury is not confined to those who have attendants, few or many; the street porter is so awakened by his wife, or child, or brother, and he in turn renders the same service. The soles of the feet are exposed to a severity of service which no other muscles have to perform, and they require indulgent treatment; but with us they receive none.

that spreads through every member. Each breastful of air seems to pass, not to the heart, but to the brain, and to quench, not the pulsations of the one, but the fancies of the other. That exaltation which requires the slumber of the senses—that vividness of sense which drowns the visions of the spirit—are simultaneously engaged in calm and unspeakable luxury; you condense the pleasures of many scenes, and enjoy in an hour the existence of years.

But “this, too, will pass.” The visions fade, the speed of the blood thickens, the breath of the pores is checked, the crispness of the skin returns, the fountains of strength are opened; you seek again the world and its toils; and those who experience these effects and vicissitudes for the first time exclaim, “I feel as if I could leap over the moon.” Paying your pence according to the tariff of your deserts, you walk forth a king.

This chief of luxuries is common, in a barbarous land and under a despotism, to every man, woman, and child; to the poorest as to the richest, and to the richest no otherwise than to the poorest.† But how is it paid for? How can it be within the reach of the poor? They pay according to their means. What each person gives is put into a common stock; the box is opened once a week, and the distribution of the contents is made according to a scale; the master of the bath comes in for his share just like the rest. A person of distinction will give a pound or more; the common price that, at Constantinople, a tradesman would pay was from tenpence to a shilling; workmen, from twopence to threepence. In a village near Constantinople, where I spent some months, the charge for men was a halfpenny,‡ for women three farthings. A poor person will lay down a few parabs to show that he has not more to give, and where the poor man is so treated he will give as much as he can. He will not, like the poor Roman, have access alone, but his cup of coffee and a portion of the service like the rest.§ Such habits are not to be established, though they may be destroyed, by laws.

This I have observed, that wherever the bath is used it is not confined to any class of the community, as if it was felt to be too good a thing to be denied to any.

I must now conduct the reader into the Moorish bath. First, there was no bath linen. They go in naked. Then there is but one room, under

which there is an oven, and a pot, open into the bath, is boiling on the fire below. There were no pattens—the floor burning hot—so we got boards. At once the operation commenced, which is analogous to the glove. There was a dish of gauze for the shampooer to rub his hands in. I was seated on the board, with my legs straight out before me; the shampooer seated himself on the same board behind me, stretching out his legs. He then made me close my fingers upon the toes of his feet, by which he got a purchase against me, and rubbing his hands in the gauze, commenced upon the middle of my back, with a sharp motion up and down, between beating and rubbing, his hands working in opposite directions. After rubbing in this way the back, he pulled my arms through his own and through each other, twisting me about in the most extraordinary manner, and drawing his fingers across the region of the diaphragm, so as to make me, a practiced bather, shriek. After rubbing in this way the skin, and stretching at the same time the joints in my upper body, he came and placed himself at my feet, dealing with my legs in like manner. Then thrice taking each leg and lifting it up, he placed his head under the calf, and raising himself, scraped the leg as with a rough brush, for his shaved head had the grain downward. The operation concluded by his biting my heel.

The bath becomes a second nature, and long privation so increases the zest that I was not disposed to be critical; but if, by an effort of the imagination, I could transport the Moorish bath to Constantinople, and had then to choose between the *hamâm* of Eski Serai or my own at home, and this one of the Moors, I must say I never should see the inside of a Moorish bath again. It certainly does clear off the epidermis, work the flesh, excite the skin, set at work the absorbent and exuding vessels, raise the temperature, apply moisture; but the refinements and luxuries are wanting.

A great deal of learning has been expended upon the baths of the ancients, and a melancholy exhibition it is—so much acuteness and research, and so little or rather no profit. The details of these wonderful structures, the evidences of their usefulness, have prompted no prince, no people of Europe to imitate them, and so acquire honor for the one, health for the other. The writers, indeed, present not living practices, but cold and ill-assorted details, as men must do who profess to describe what they themselves do not comprehend. From what I have said, the identity of the Turkish bath with that of the Romans will be at once perceived, and the apparent discrepancies and differences explained. The *apodyterium* is the *mustaby* or entrance hall; after this comes the sweating apartment, subdivided by the difference of degrees. Then two operations are performed, shampooing and the clearing off of the epidermis. The Romans had in the *tepidarium* and the *sudatorium* distinct attendants for the two operations; the first shampooer receiving the appropriate name of *tractator*; the others, who used the strigil, which was equivalent to the glove, being called *suppetones*. The appearance of the strigil in no way alters the character of the operation. They used sponges also for rub-

bing down, like the Moorish gazule. They use no soap; neither do the Moors; the Turks use it after the operation is concluded. The *laconicum* I understood when I saw the Moorish bath, with the pot of water heated from the fire below, boiling up into the bath. I then recollected that there is in the Turkish baths an opening by which the steam from the boilers can be let in, although not frequently so used, nor equally placed within observation. Many of the Turkish baths have, doubtless, been originally Greek. The change in respect to the use of cold water is compensated for* by the cold air of the outer room, into which the Turks come, and is preserved in the partial use of cold water for the feet. The hot-water reservoirs, the *labrum* and *solum*, are still to be seen in the private baths; they are in those of the Alhambra. When used, the character of running water, an essential point among the Turks, is given to them by a hole being left below, which is unplugged, and a stream kept running in above from a cock. It would appear that the Romans followed the same method. The *piscinum* of the Romans is found in the Moorish gardens. In the use of the depilatories, or the shaving off the hair, the practice of the Turks is exactly that of the Romans; the parts of the bath appropriated to that purpose being the same. The *olearea* are alone wanting. The Mussulmans would consider the smearing of the body with oil or ointments not as a part of the bath, but a defilement, for which the purification of the bath was requisite.†

The Romans used the bath to excess, taking it daily; the Mussulmans restricted its use to once a week. The Romans entered the bath naked; the Mussulmans have introduced a bathing costume. The Romans allowed the two sexes to enter promiscuously; the Mussulmans have wholly separated them. Preserving the good, they have purified it from excesses, which, to a people of less discrimination, might have appeared to constitute its essential character, or to be entailed as its necessary consequences. Our studies and learning have furnished us with no such results. These very excesses have been assigned as a reason for the disuse of the bath by the early Christians. If the explanation were true, the difference between the Christians and the Mussulmans would amount to this, that the first could see and reject the evil, the second perceive and select the good.

There is one point connected with the bath on which I must say a few words, especially as in this case our usages do not present any obstacle to the adoption of a good habit, and I have repeatedly had the gratification of finding that the suggestions which follow were of use.

Those who wash the rest of their body often except the head; the practice of smearing it with oil almost universally prevails. The Easterns do the reverse—they shave it. A greater comfort can not be than a bald pate. Washing the head is in no case prejudicial. Unless you wash the

* On entering, they remain in the hot air, after which they immerse themselves in hot water, then they go into cold water, and then wipe off the sweat. Those who do not go from the *sudatory* at once into cold water burst out, on returning to the dressing-room, into a second sweat, which at first is immoderate, and then ceases and leaves them chilly.—Galen, *Me'ho. Med.* l. x. c. 2.

† While it is essential to cleanliness to clear away the oily matter that exudes from the skin, the oil afterward applied to the cleansed body seems to be beneficial, and to keep open instead of closing the pores.

* Motto of the Vizier of Haroun el Raschid, when required by his master to find one which should apply at once to happiness or adversity.

† Volney once entered a Turkish bath, and in horror and dismay rushed out, and could never be induced to enter one again. Lord Londonderry was more submissive, and endured its tortures to the end; but rejected the coffee and pipes and civilities then proffered. He has given us a detail of his sufferings, which appear to have been notional. Sir G. Wilkinson, in his work on Thebes, cites them at length, and this is all that he deems it requisite to tell the strangers who arrive in Egypt, on the subject of the *hamam*.

‡ The charge at Rome was a quadrant, or farthing; children paid nothing.

Nec pueri erant, nisi qui nondum ere lavantur.—JUVENAL, *Sat.* ii. v. 152.

In some baths it would appear that even grown persons were admitted gratis.

Balneum, quo usus fuisset, sine mercede exhibuit.—JUL. CAPIT.

§ A poor man will go to the shambles and cut off a bit of the meat that is hanging there, and the butcher will take no notice of it. If he goes to have a cup of coffee, and has not five parabs (one farthing), he will lay his two or three on the counter, instead of dropping them into the slit; the next customer will lay down ten, and sweep them in together.

head, the washing of the body is neither complete nor satisfactory. The refreshment of washing the head may often be procured when it is impossible to wash the body. Soap and water are injurious, not to the hair, but to the hair-dressers. The men in the East have no hair to show, but if soap and water injure the hair, whence comes the luxuriant abundance of that of the women? The hair of the head, like the fur of animals, is made to bear rain and wind, and to be a protection against them. You cover it up! The fur of animals thickens and strengthens when exposed to air and wet. Your hair falls off, and you oil it. If it grows weak, change its habits. If it is not washed, and if it is oiled, begin to wash it and leave off oiling it.

Every week an Eastern lady has her hair thoroughly washed at the bath. It is first well soaped and rubbed. They are very particular about soap, and use none but that made of olive oil. The Castile soap which in this country is sold at the apothecary's is the soap the least injurious to the skin. This is twice repeated. After the soap, they apply a paste of Armenian bole and rose leaves. This is rubbed into the roots of the hair, and left to imbibe all the grease of the head; it is then, like the soap, washed off with bowls of hot water, and leaves the locks perfectly clean and silken. From time to time they dye it. On these occasions an attendant mixes up a handful of henna-dust in hot water, and thoroughly smears with it the hair, which is then turned up into a ball, and bound tightly with a napkin. In this state they go through the baths. When the napkin is removed, and the henna-paste washed out, the hair, if before black, will have become of a bronze auburn, and if gray, red. The bath occupies from three to four hours, with the smoking, chatting, music, and dancing which accompany it, in an atmosphere that excludes every unpleasant sensation. The women are not, like the men, contented with the bathing-linen and apparatus which they find there; but are followed by female slaves, who bear bundles of towels, in silk and satin wrappers, boxwood patterns, incrustated with mother of pearl, silver basins and bowls, or sometimes enameled ones, and aloe-wood and ambergris to perfume both the apartment and their coffee. This finery is less than what they indulge in in their private baths.

The Romans and Greeks, in like manner, were accompanied by their slaves, and did not trust to the service of the *thermae*. Each person brought his strigil and his anointing vase (*strigilis et ampulla*, *ἀγκυβος καὶ ζύστρα*)* or sent them by his slave. The practice furnishes the familiar metaphors which express the different conditions† The strigil was the sign of comfort, and

also of sobriety and industry. It was, according to Cicero, necessary to the happiness of the Roman citizen; it had to do with the fortunes of the Roman state. Rome was indebted to her strigil no less than her sword for the conquest of the world.

This constant washing occasions, it may be supposed, an enormous waste of water. A Turk uses less water than an English gentleman. It is true, every Turk, high and low, uses the same quantity, and washes in the same manner; but the utensils and conveniences are differently adapted. There are no wash-hand basins and ewers in bedrooms, no foot-pans, hip-baths, shower-baths, etc. They do not dabble in dirty water, defiling a great quantity. They wash under a stream of water, running from a fountain, urn, or ewer. A handful serves to moisten the soap, and to rub with it, and a couple more rinse it completely off. The fountains are placed in the passages, staircases, etc. By the mosques, and in the streets, they are so arranged that, by sitting on the step, you can wash the feet and the head. When you wash in a room, one attendant brings the basin, *laen*, with its pierced cover and kneels before you; another the ewer, *ibrik*, with its long, narrow neck to pour the water.* In the bath, steam and perspiration cleans, and two or three large saucerfuls suffice for rinsing; fifty persons may be bathed with the same water that serves to fill our trough for washing one.

What a difference it makes in domestic comfort to be certain that every person around you, and every thing you touch and eat, are absolutely clean! After this manner of life, the habits of Europe are most painful; you are constantly oppressed with the touch, or sight, or knowledge of things which, by the European, are not considered unclean, or submitted to as unavoidable. It would but faintly describe my impressions to say, that I felt as if passing from a refined to a rude condition of society. Neither do we know how to cultivate or handle the body. One of the first thoughts was, "What shall I do in sickness?" All Europe's seductions and luxuries put together will not make up for this one.

The European is clean, in so far as he is so, for appearance; he has clothes and shoe brushes, blacking, starch, smoothing-irons, etc.; in these consists his *neatness*‡ The clean shirt is put upon the dirty body; the hands and face, being alone open to the air and sun and the eyes of the neighbors, are washed. Nothing is filthy that is unseen‡ The Eastern has no brush or blacking; no care is expended or expense incurred for neatness. He has his religious ablutions for prayer§ He will not tell you that he washes for his comfort or his health, but because it would be a sin not to do so.

[TO BE CONTINUED.]

* I find the most convenient substitute, a vase holding about two gallons of water, with a spout like that of a tea-urn, only three times the length, placed on a stand about four feet high, with a tub below: hot or cold water can be used; the water may be very hot, as the stream that flows is small. It runs for a quarter of an hour, or twenty minutes. The Castilian soap should be used in preference to the made-up soaps of England. Of English soaps, the common yellow washing soap is the best. N. B.—A clean sheet on the dressing-room floor, and no slippers.

† *Neat*, and *proper*, are two words which we have changed from their original sense to cleanliness.

‡ Granting that the English are tolerably clean in the matter of their faces and hands, their houses and clothes, it must be confessed that they do not seem sufficiently impressed with the importance of keeping their whole bodies clean. Suppose the English were the cleanest people in the world, it would be fearful to think, when we know what they are, how dirty the rest of the world must be.—*Family Economist*, p. 40.

§ The *adest* of the Mussulman consists in washing hands to the elbow, feet, face, and neck, five times a day in cold water without soap. The *wadhān* of the Jews is only three times and does not extend to the feet. The priests washed feet and hands.

A VOICE FROM THE SKATING POND.

COATS and trowsers have the best of it *everywhere*, I exclaimed, for the thousandth time, as I looked at the delightful spectacle of the male and female skaters at the Central Park. Away went coat and trowsers like a feather before the wind; free and untrammelled by dry-goods, and independent of any chance somersets; while the poor skirt-hampered women glided circumspectly after their much needed health and robustness, with that awful omnipresent sense of the *proprieties* (and—horror of horrors—a tumble!) which sends more of the dress-fettered sex to their graves every year than any disease I wot of. That a few women whom I saw there had had the perseverance to become tolerable skaters, with all that mass of dry-goods strung round their waists, is infinitely to their credit. How much *longer* and better they could have skated, disembarassed, as men are, of these swaddling robes, common sense will tell anybody. I should like to see how long a *man's* patience would hold out, floundering round in them while *he* learned to skate! And yet were a lady to adopt any other costume, how decent soever, or how eminently soever befitting the occasion, what a rolling of eyes and pursing of mouths should we see from the strainers at gnats and swallows of camels! All these thoughts passed through my mind as I mixed in with the merry crowd on that bracing winter day, whose keen breath was like rare old wine. So did it stir and warm the blood; and I wondered, as I gazed at those dress-fettered women, whether those heathen nations who strangled their female babies at their birth were as naughty as we had been told they were!

"Why don't *you* get up a skating costume, Fanny, and set them an example?" whispers a voice at my elbow. *Me?* why don't *I?* Because, sir, custom has made me a poor, miserable coward in these matters, like the rest of my sex, and because, moreover, sir, you would have no more courage to walk by my side in such a costume than I should have to wear it. No, no; a crowd of curious men in my wake would be no more agreeable in reality than they are in perspective. It is brave *talking*, I know, but the time has not yet come when men, by refraining from rude remarks on a female pioneer, in such a cause, would remove one of the chief obstacles to its advancement. They "like healthy women"—oh, of course they do! but then, unfortunately, they like dainty prettiness of attire much better. Else why don't they encourage women when they try to do a sensible thing? Why do they grin, and stroke their beards, and shrug their shoulders, and raise their eyebrows, and go home to Jane Maria, and say, "Let me catch *you* out in such a costume!" 'Til all that is done away with we must be content to see puny, waxy-looking children, and read in "Notes on America" the usual number of stereotyped pages on "the fragility of our women." Now, let me say in closing that I don't wish to be misunderstood on this matter. I approve of no costume which a delicate-minded, self-respecting dignified woman might not wear in public. But I will insist that nothing *can* be done in the way of reform, while husbands and fathers and brothers *sniff* the whole subject "under the table," as soon as it is mentioned. May every one of them have a yearly doctor's bill to pay as long as the moral law!

FANNY FERN.

* The two instruments were slung together. The *guttus* was round, and from its round flat orifice the oil disulled. *Guttatum teniculari forma, te ile a bitm, pressula rotunditot.*—APULEIUS. On cons, vases, and bas-reliefs, it has been mistaken for the pomegranate, for a bulbous root, or a fustat vase. A curious Greek papyrus, in which a reward is offered for a runaway slave, or Lechythophoros, has cleared this matter from all ambiguity. Mr. Letronne has restored and translated the papyrus. It is also to be seen in the Lycian tomb, of which a caste is in the British Museum, and one of the groups given in colors in Fellows' Lycia.

† *Autolekuthos*, signifies a poor man. *Emaulo bulone-u-o*, was equivalent to "I am my own butler." "Have you dreamt of Lechyth, or Xystra? that is the sign of a woman that attends to her household (*oukouoron*) or of a faithful handmaid."—ARTEMID, *Oneiroc.* i. 64.

THE STEP-CHILDREN OF SCIENCE.

A LONDON weekly closed its report of Mr. Spurgeon's recent lecture on the Gorilla by saying: "Now we know what Spurgeon thinks of the Gorilla—how much more interesting would it be to learn what a Gorilla thought of Spurgeon!"

There is a wider field than even Mr. Spurgeon for any member of the Gorilla family who may become smitten with the lecture mania. For our part we should like to hear what the Gorilla has to say of man in general.

We can fancy the lecturer making some such points as the following:

The specimen before you, male and female Apes, was captured on that stony and auriferous tract known as Wall Street. Please to observe his great inferiority to yourselves. He can not bite a gun-barrel in two as you can. In fact, you will observe that his dental system, for fragility and laxity of attachment, is quite anomalous. Watch me—you see that by the slightest traction I can detach his whole set of upper and lower teeth from the jaws. They seem to be made of a material similar to that which he uses in the construction of his drinking vessels. This structure is very general among individuals of adult age. In my wanderings I have occasionally met young specimens whose dentition was somewhat like our own, firmly attached to the maxillaries by insertion in alveolar processes. These, however, are rare cases—and the teeth speedily become imperfect or drop out altogether, only to be replaced, with the progress of the adolescent individual, by the curious method here illustrated. Take notice, too, before we leave the consideration of the oral cavity, that the gustatory papillæ of the beast (in our tongues and palates so highly developed, so well defined, and the exquisitely sensitive organs of such varied pleasure) are flattened, inert, and indurated. Of course, male and female Apes, it is impossible to know how a man tastes (except in the passive sense, and we confess that a certain hideous mock-likeness to ourselves must always prevent the refined Gorilla from eating him), but a glance at these hardened gustatory surfaces, habitually besmeared with the extract of an acrid vegetable poison known as tobacco, must convince us that they are utterly incapable of communicating delicate impressions to the sensorium. The beast, Man, may, therefore, be laid down as vastly our inferior in the sense of taste.

In smell, also, he is probably almost as deficient. The specimen before you belongs to the sub-variety *Broker*—which, with that known as *Lawyer*, is the principal denizen of the Wall Street tract. Many of both these varieties, on reaching the adult age, hasten the natural deterioration of that keenest and most ethereal of senses, the olfactory, not only by daily contact with certain loathsome and paralyzing objects known as drains and garbage heaps (unattended by the scavenger variety of the beast, Street Commissioner), by smelling out fees, commissions, and dirty jobs, but also by inhaling large quantities of a deadly powder called snuff. The brown smirch about the upper lip and nostrils of this specimen was caused by this very act, in the process of which I shot him. There is no doubt, respectable Gorillas, that the beast, Man, is vastly our inferior in the olfactory sense also.

His hearing is singularly defective. The faintest crackle of a withered branch awakens us to a perception of some foreign presence—we know the sweet voice of our own little Gorilla among the discordant screams of a thousand howling apes, and at a distance of several miles. The beast, Man, is frequently run over by other beasts, called horses, who are greatly his superior in auricular development, merely because he has not sufficient sense of sound to warn him of their approach. He frequently requires to be addressed two or three times before he can comprehend the plainest utterance of his fellows, the aurile faculty being in many cases utterly destroyed by deafness, in others greatly impaired by the same cause, and in the large majority of all specimens existing in a state of frequent suspension through a complete absence of the ancillary faculty of attention. Indeed, attention is so little educated in these beasts, that it is the commonest thing in the world to see a dozen of them standing together in a conversation which consists mainly of disjointed, wandering talk, and the repetition of "Oh—Ah Heh?—What?—Did you speak?—Excuse me—What did you say?" This state of things, which, among Gorillas, would be called imbecility, the beast, Man, names by various euphemisms—"brown study," "abstractedness," "being distrait," "absorption," and the like. Gorillas will be astonished to learn that it is considered a mark of genius! The poor beast, Man, absolutely, in nine cases out of ten, goes through life without being aware one hour what he heard the last—deaf to the melodies of bird and stream—sealed as to his ears—undeveloped as to his attention. O, Gorillas! how thankful should we be for ears of such exquisite nicety—for the proof that we are a higher and more receptive species!

I pass to the beast's sense of touch. The fact that he has only one pair of hands shows plainly that he is our inferior. Some Gorillese naturalists will perhaps be disposed to call him the connecting link between ourselves, who have four hands, and the brutes who have none. It would be natural to suppose that this unfortunate, and merely bimanous animal would endeavor to remedy the deficiency of his non-prehensile toes by developing the latent capabilities of the fingers, which, in their adaptedness to a large variety of uses, really almost approach our own. But no. The infant animal is habitually warned by adult beasts, who in the gregarious state of man have the care of him, not to handle anything—the form of expression being an utterance which sounds like "Hands off!" and is emitted in sharp and angry tones, such as the beast Du Chaillu ascribes to us when we see one of his kind coming. My prolonged acquaintance with the habits of the animal have not yet informed me of the specific meaning of this utterance. It seems, however, to signify that if the infant specimen does not stop feeling of things with the hands which the Creator has given him for the purpose of ascertaining the tangible properties of the external world, the adult beast will cut those hands off. In nine cases out of ten this cruel punishment might just as well be inflicted as threatened; for the youthful beast, continually discouraged from using his sense of touch, grows up to adult age without any

of the ideas which come through his fingers' ends, and is mightily hampered in his education by having gained no accurate knowledge of the properties of substance to which certain symbols, called words, which he must learn by heart, perpetually refer. But this is not the whole catalogue of his repressions. If he belongs to the variety of his species known as the Little Master (which distinguishes him from that other kind, the Little Vulgar Boy, whose mouth is lacking in a congenital organ separate from the common dental system, and denominated "the gold spoon"), he will be compelled at a very early period to deaden his sense of touch by a still further method. This consists in covering both hands with tightly fitting cases of alien skin, called *gloves*. In proportion to the definiteness with which his position among the Little Master variety is marked, is the relative period per diem during which he is expected to keep these cases on his hands. The extreme development of the Little Master doffs them on no occasion except while feeding. It is considered very disgraceful among these strange beasts not to wear them on important gregarious occasions, in the open air, or at any festive gambol which does not involve present deglutition. Of course all use of the hands is rendered impossible by these tight bags of dead epidermis—save, perhaps, the swinging of a stick, called a cane, which originally answered the same purpose as that young tree plucked up by the roots and carried by our male gorillas, but, through the degeneracy of the beast, Man, has dwindled to the size of a twig, the only weapon he is now sturdy enough to lift, and of no practical value whatever. Gorillas! you will deem it a traveler's tale, perhaps, when I say what I am going to. I sincerely hope that no Dr. Gray is present from the Gorillese Museum this evening, or I shall subject myself to a controversy by stating the incredible fact that this imbecile incapability of the only pair of hands which nature has granted the beast, Man, is considered by that species the highest condition attainable by its individuals! The infant and adolescent members of the Man family are encouraged to do all the hard and dirty work of a given herd, to bear all sorts of suffering, go hungry, sleepy, thirsty, and to wait for years without encouragement, only that at last they may reach the sublime incapacity of keeping skin cases on their forefeet all the time, and doing nothing, feeling nothing, touching nothing with them whatever but that twig I have mentioned. Then they are called the principal animals in the herd!

I finish my comparison of the senses which Man has in common with the Gorilla, by adverting to the animal's sight. Here the poor beast's inferiority to ourselves is more painfully manifest than in all the other particulars. He is sometimes stone-blind. That might happen, you will say, to a superior being. But when he isn't stone-blind he is frequently near-sighted, or dim-sighted, or nyctalopic, or weak-eyed. In all my expeditions, especially in the most populous trails, like New York, I hardly ever shot a specimen that hadn't some defects in its organs of vision. Many of them have singular excrescences, a sort of vitreous fungi or barnacles, growing over their eyes from the bridge of the nose upward, like the

teeth of the adult specimen before you, easily detachable, and thrown out by some kind of exostosing process of nature to supply the defect of the original organs. With these the animal gropes its way over the feeding-ground of the world, and manages to pick up its living tolerably well; but the finest things, the biggest, ripest, topmost coconuts of creation, remain forever hidden from its eyes. And even when the physical organ is tolerably perfect—sometimes, though rarely, almost equal to our own—the same neglect of the habit of attention which makes the beast's ears a superfluity, blind it to everything beyond the end of its nose. It seems to see nothing that lies out of its beaten track—that it does not stumble over. If, for example, like this specimen, it belongs to the Broker variety, it never notices anything but dimes, coupons, notes-of hand, and interest tables. It might go through a forest of masts on a river, and would get no sensation through its eyes save of a confused jumble of perpendicular lines. Its mind would be awakened to make no new investigations, learn no new facts. Practically, it would have seen nothing. The young beasts of the species are sometimes very wide awake; but they ask so many questions of adult brutes as to get extremely tiresome, and cause their systematic repression. The adult beast is usually very much relieved when Little Inquisitive (so that infant sub-variety is called) gets near-sighted, has the vitreous exostosis grow out of his nose-bridge, and buries himself in some lair like a theological seminary, lawyer's office, or counting-room, to ask his questions of books, and get only such answers as lie cut and dried for him therein.

There is thus, esteemed male and female Apes, no one particular of the senses in which the beast, Man, is not inferior to our own race. When we take into consideration that we are also four times his girth round the thorax, have twice his number of prehensile hands, never get dyspeptic, stand on legs which are to his as the pillars of Hercules to a pair of two-inch scantlings, fall in love without getting spoony, can crush Man in our hug as a dry walnut is comminuted in a patent cracker, never indulge in late hours, dissipation, speculation in Western railroad stocks, or theology, brag-gadocio, or corner-grocery politics, and in fine are—what more can we say?—Gorillas! we may well be proud of our nature, and look with pitying contempt upon beasts like Lamarck and Darwin, who would fain claim cousinship with us, and sneak up the back stairs of the development theory, disguised as African Negroes, into a poor relationship with our royal kind!

Male and female Apes, let me thank you for the attention you have shown your lecturer this evening. The next subject of the course will be the superiority to the beast, Man, of that nobler brute, the Hound, in the sense of smell—the Eagle, in sight—the Elephant, in hearing—the Cat, in taste, and the Ant, in touch. Titi Monkeys, dog-faced Baboons, Marmosets, Howlers, long-armed Apes, and Nshiego-M-Eouves will only be admitted to the colored gallery. Young Elephants on no account admitted without their parents. Gorillas under five months old, half price. Exercises concluded for this evening.

We flatter ourselves that the above is not very

wide of the mark. That would be just about the thing that a gorilla lecturer might be expected to say of us—granting that he had enjoyed full advantages for making our acquaintance, including unrestricted license to pop us off pyrotechnically, similar to that enjoyed by Du Chaillu in the gorilllese direction.

Really, there may be a good many hints in this gorilla lecture, to say nothing of others in a hypothetical course to be given by different beasts, which could be put to extremely advantageous use in the prosecution of our own human training. The non-human animals are greatly our superiors in this one particular—sometimes of their native constitution, but mainly of their life-long education—the perfection of the senses.

PRESENTS FROM JAPAN.

MANN ENN, the present Tycoon of Japan, in return for the elegant sewing-machine sent to his predecessor, the late Tycoon, by the Wheeler & Wilson Company, has presented to the above firm, through Mr. Townsend Harris, our Minister to that country, several very curious and valuable gifts, comprising five pieces of uncut velvet, of various patterns and colors, of about five yards each; and five pieces of rich silk, each one yard square, woven in gold and brilliant colors, and depicting various birds and flowers: among the former are a number of singular-looking cranes, somber in tint, and several gorgeous chanticleers, with hens and chickens around them. These pictures have been suitably framed, and with the velvets which have been arranged in a glass case, containing Crawford's beautiful statue of "Dancing Jenny," now adorn the wareroom of the Wheeler & Wilson Sewing-machine Company in this city. Those persons who take pleasure in seeing foreign curiosities should not neglect to examine these Japanese manufactures. The widow of the former Tycoon, as we have been informed by Mr. Harris, works the sewing-machine which was sent to her, most successfully, and takes as much interest in it as do so many of our ladies at home.

THE NEW NAME

BY W. W. S.

Of all the names I might suggest
With which your Journal to invest,
I think the one which is the best,
The Way to Health.

To those upon affliction's sea,
Who would from all their pains be free,
What words more sweet than these could be—
The Way to Health?

As soon as these sweet words are scann'd,
Their meaning all will understand;
And they will give affliction's band
New hopes of health.

Then why not choose them for a name,
Since 'tis the Journal's highest aim
To lead the many sick and lame
Away to health?

THERE can not live a more unhappy creature than an ill-natured old man who is neither capable of receiving pleasures nor sensible of doing them to others.

CROSS BABIES.

I HAVE often wondered whether the people knew how vexed, bothered, perplexed, and, if it were not for our very extraordinary good nature, out of patience we get with the almost constant inquiries made by mothers what they shall give their babies to make them good-natured. One tells us that she has given paregoric; another, Bower's carminative; while the third has a very favorite prescription from her very favorite physician; but from some cause all have failed, and the more they give the crosser the baby gets, until finally she can not stand it any longer, and must have something to keep the baby good-natured. What we advise these very much-an-nyed mothers and nurses to do, is, in the first place, not to teach their children such drunken habits; and then they will not be forever squealing after rum and opium, for all of these baby mixtures are nothing but rum, opium, and sugar, and they create in the child the same morbid appetite for stimulants as the daily dram does in the moderate toper. Not only do these narcotics and stimulants create a morbid appetite, but they derange the nervous system, make the child cross, peevish, fretful, and thirsty; inducing it to constantly overload its stomach with fluids, producing dyspepsia, flatulency, colic, and a most vexatious squirming, squealing, and screaming, which is too often a sufficient cause to produce regular hysteria in the half-scared, nervous mother and nurse.

Treatment.—The best treatment, in these cases, is for all those who do not know enough to raise children, to learn before having them; and if they can not learn, not to have them; but if they do know, to put their knowledge into practice; because we firmly believe that God will hold the present generation of mothers responsible for rearing such a brood of drunkards and dyspeptics. This appetite for rum and dyspepsia does not end in infancy, but the embryonic demon grows with age, and plants its fangs so deeply in the nature of the constitution, that it is ever present to make man's pathway through life one of thorns and miseries. Children do not need any medicine unless they are sick, and they need but little then. Instead of these poisons, give the child fresh air, frequent baths, and well-regulated diet. If costive, give molasses or bran water; and, instead of these cross, irritable babies, you will have nice little, rosy, red cheeked, fat, laughing fellows, that will not only prove a delight to the whole house, but a fair promise for future usefulness.

[We copy the above from the *Eclectic Medical Journal*, and it meets our views nearly as well as if we had written it ourselves. Our readers will correct, by substituting—at any time—after "children do not need any medicine," and coarse meal bread, fruit, and cracked wheat, instead of molasses and bran water.—Ed. W. C. J.]

WORDS are nice things, but they strike hard. We wield them so easily that we are apt to forget their hidden power. Fitly spoken, they fall like the sunshine, the dew, and the summer rain; but when unfitly, like the frost, the hail, and the desolating tempest.

Agricultural.

WINDOW GARDENING; OR THE CULTIVATION OF FLOWERS IN THE HOUSE.

[Read before the Brooklyn Horticultural Society, by
THOMAS CAVANACH, florist.]

Flowers are the choicest gifts of nature, luxuries enjoyed alike by the rich and poor. How often in passing through the crowded streets, where poverty has set its heavy hand, may be seen, through a half opened window, a pot of fragrant Mignonette, the delicate Fuchsia and Scarlet Geranium! how carefully tended, placed on the window-sill on a fine sunny day, and carefully taken in at the approach of night, perhaps the property of some poor sewing-girl, the sole reminder of the happy days of childhood! Very little attention has been paid to the cultivation of house plants in this country, but in England the taste for flowers is general, particularly in the manufacturing districts. There, in the cottages of the operatives, are always to be found the finest Fuchsias, Geraniums, and the prettiest Auriculas in the country. In France, the markets are always filled with plants both winter and summer. In Germany, plants are sold in the markets so cheap, that when the plant purchased is done blooming it is thrown away and re-placed by a fresh one. Much has been said and written upon the subject of keeping plants in rooms; in fact, the more said about it the less it seems to be understood. The question is often asked, how can we keep our plants without much trouble and expense? and the difficulty seems to be to know how to keep plants without trouble. Judging from what we have seen, most amateur cultivators have a very erroneous idea in regard to plants. They seem to think that when a plant is once potted and placed in a warm room and watered once a month, that it certainly ought to grow. Others take up their plants in autumn, stow them away in the cellar, or perhaps on the mantle-piece in the kitchen. To such persons we would recommend such plants as the Aloe and Cactus, as they will stand more abuse than any others that we know. Success in keeping plants in the house depends in a great measure upon four things—first, suitable soil in potting; second, judicious watering; third, a proper degree of temperature; fourth, plenty of light. The compost used in potting should be prepared at least two or three months before using. What kind of soil shall we use in making this compost? What is suitable for one plant would probably be the death of another of a different species. The soils in common use are peat or decomposed leaves, rotten manure, soil from the surface of an old pasture, clean river sand. For drainage, broken pots, charcoal, and moss will be suitable for such plants as are commonly grown in the house. The substances which are required for the growth of plants are carbon, hydrogen, oxygen, nitrogen, and phosphate of lime; these are supplied to the plant by the atmosphere, and decaying animal and vegetable matter in the soil. These give out carbonic acid and decompose into mucilage soluble in water, both of which are quickly taken up by the roots as food for the plant.

When large and luxuriant foliage is required, the soil can hardly be too rich, for the greater the quantity of food taken up by the plant, the greater will be the quantity of leaves required for its elaboration; but when flowers as well as foliage are wanted, we must use soils which are not so rich in soluble matter. When only a small portion of compost is wanted, it is useless to go to the trouble of collecting all these ingredients named, as it may be procured from any florist for a trifle. The practice of placing small plants in large pots, and large plants in small ones, is a very common error. Very little judgment is necessary in selecting pots which are suited to the size of the plant. Young plants should be planted in small pots, and removed into larger ones as they grow. In watering plants, rain water is to be preferred, for it has been found by analysis, that one hundred cubic inches of rain water contain over four cubic inches of air, of which one fourth is carbonic acid gas, and the remainder oxygen and nitrogen; in fact, it contains a great deal of the substances which go to make up the plant. Hard water, or that which is taken from wells, contains an excess of the salts of lime, which is injurious to most plants. Soap-suds, which many people seem to think contain so much virtue, have been found to contain such an excess of the alkalies, potash, and soda, that the soil after successive waterings becomes so hard that neither air nor water can scarcely penetrate it. There are two classes of amateurs, those who give too much water and those who give too little; the latter has a majority. How much water is necessary for a plant will depend upon the temperature of the room in which it is kept; if it does not exceed fifty degrees, two or three times a week will answer; if sixty or seventy degrees, they will require water once a day, and when a watering is given, let it be a good one. This half watering of plants is of very little use; when it runs through the bottom of the pot into the saucer, that is sufficient. It is an error to suppose that the saucer should be filled with water; nothing could be more injurious to most plants, or more opposite to their nature, than to allow them to stand in a puddle of water. The Calla and Hyacinth, however, are exceptions; they will grow in all soil or all water, as you wish. Watering plants with a weak solution of guano once a week, will be found very beneficial. An even temperature is the next important consideration. Plants, such as are kept in rooms, require a temperature from forty to fifty degrees. Rooms at this season are generally heated from sixty to seventy, which is ten or fifteen degrees warmer than most plants require, and when plants are kept in a room of this temperature, the atmosphere being so dry, evaporation takes place very rapidly. Transpiration from the leaves of plants is through pores similar to the human system, consequently the dryer the air the greater the amount of moisture transpired. Transpiration takes place from the upper surface of the leaves, and in order to supply the loss occasioned by this evaporation, the plant will require syringing once a day. If a syringe can not be conveniently used, the leaves should be washed with a wet sponge; neglecting this is one reason why so few people succeed with Camellias. Camellias, when removed from a green-house where

the heat is of a moist nature, and placed in a room subjected to both extremes of heat and cold, invariably lose all their buds; their leaves shrivel up and become yellow and drop off, and in course of a short time the plant dies. Camellias will succeed best in a room where the temperature does not exceed forty or fifty degrees.

Azalias require about the same treatment, except when wanted to flower early; they will then require more heat, frequent watering, and plenty of light, without which no plant will thrive. It is a well known fact, that no flowers are so bright nor fruit so luscious as those which are grown in the tropics, where they have the benefit of the solar rays for a much longer period than we enjoy. Gas is also injurious to plants. Plants kept in a room where gas is used become weak and exhausted much quicker than those kept where gas is not used. A room where the windows face the south is to be preferred; it is almost useless to expend the time in keeping plants in a room where the windows face the north. If necessity compels us to keep plants in a room of this description, the stand or table on which they are placed should be rolled into the center of the room at night. A very pretty and ornamental stand for keeping plants in the parlor may be made of a circular table with wire work raised about six inches high on the outside, in the center of which is placed a zinc pan having a faucet in the center to let off the surplus water which flows from the pots, the pan being filled with moss, in which the pots are to be plunged, placing the large ones in the center and the smaller ones next. Nothing can be better adapted for keeping plants in than the Wardian case, and next to the aquarium, it is one of the prettiest parlor ornaments that we know. Plants may be kept in one of these cases for a long time without renewing, requiring only two or three applications of water in the course of the year, as the heat of the room where the case is kept produces evaporation during the day, and during the night the process of condensation takes place, and the moisture which has been evaporated is returned to the soil. The Calladiums and Begonias with their beautifully marked leaves, and the curious ferns and Lycopodiums when tastefully arranged in one of these cases, form a never-failing source of pleasure to the lovers of plants. When plants become slightly frozen, they may be resuscitated with an application of cold water, syringing or immersing them in water, raising the temperature of the room three or four degrees above freezing. When badly frozen, the best plan is to cut them down within a few inches of the surface of the pot. The greatest difficulty in keeping plants in the house is to keep them free from insects. The Aphis or green fly is a great pest; the red spider and mealy bug are also very troublesome.

They may be extirpated by smoking them with tobacco; but as most ladies object to the use of tobacco, especially in their parlors, we will take the less objectionable method of getting rid of them by taking a pail of water, holding the plant over it, and, with a small broom, brush the leaves and dip the plant into the water several times; by this means a plant may be kept clear of these troublesome insects. The mealy bug, which is like small specks of cotton, is rather more difficult

to get rid of; they may be picked off with a small pointed stick, and the place washed with a small nail-brush, care being taken not to leave a speck, as they increase very rapidly. When flowers are done blooming, cut off all decayed flower stalks, as they check the growth of the young wood. Roses should be cut off one bud below the foot stalk; by attending to this, your plants will keep growing and give plenty of flowers.

For a choice of plants for winter blooming, we would select one double white Camelia, one double red Camelia, one pink Azalia, one monthly Carnation, one Hermosa rose, one Fuchsia Speciosa, one Heliotrope, one Scarlet Geranium, one Pink Geranium, Mignonette, and as many Hyacinths as we could find room for. These, when well taken care of, will make a splendid show all winter. Another very pretty parlor ornament, that we had almost forgotten, is the hanging vase, made either of terra cotta ware or wire filled with moss, in which may be planted sweet alyssum, lobelias, ivy geranium, and such like trailing plants; no collection of plants may be considered complete without one of these vases. At this season of the year, when cut flowers are scarce, it is an object to know how to preserve them for a length of time. Flowers which are placed in vases decay much sooner than those which are kept in a shallow dish or in damp moss, owing to the fact that merely the end of the stems touch the water, while the flowers being in a drying atmosphere, evaporation quickly destroys their beauty. When placed in a shallow dish, the stems absorb more water in consequence of a larger portion of them coming in contact with it, and being moistened with the vapor arising from it. Damp moss will be found much better than sand, as it retains moisture much longer. If possible, cover the dish or vase, in which your flowers are, with a bell glass at night, which will not only protect them from the dust, but prolong their existence.

DO YOU BRUISE YOUR OATS YET?—The London Omnibus Company have lately made a report on feeding horses, which discloses some interesting information not only to farmers, but to every owner of a horse. As a great number of horses are now used in the army for cavalry, artillery, and draught purposes, the facts stated are of great value at the present time. The London Company uses no less than 6,000 horses; 3,000 of this number had for their feed bruised oats and hay. The allowance accorded to the first was, bruised oats, 16 lbs.; cut hay, 7½ lbs.; cut straw, 2½ lbs. The allowance accorded to the second, unbruised oats, 19 lbs.; uncut hay, 13 lbs. The bruised oats, cut hay and cut straw amounted to 26 lbs.; and the unbruised oats, etc., to 32 lbs. The horse which had bruised oats, with cut hay and straw, and consumed 26 lbs. per day, could do the same work as well, and was kept in as good condition as the horse which received 32 lbs. per day. Here was a saving of 6 lbs. per day on the feeding of each horse receiving bruised oats, cut hay and cut straw. It is by no means an unimportant result with which this experiment has supplied us. To the farmer who expends a large sum in the support of horse-power, there are two points this experiment clearly establishes, which, in practice, must be profitable: first, the saving of food to the amount of 6 lbs. per day; and, second, no loss of horse-power arising from that saving.

SIMPLE METHOD OF STRIKING ROSE CUTTINGS.—"Rusticus" describes his plan of striking roses, in a late number of the *Gardener's Chronicle*, as follows:

"I have been in the habit, for some years, of striking roses in what appears to me a simple way. At any time of the year, when they are to be procured, I take cuttings of any sorts of roses I want to propagate (Moss included), and cut the half-ripened wood into lengths of two eyes. I remove the bottom leaf, leaving the top one to rest upon the surface of the bed and nourish the cutting while it forms its roots. The hot-bed (a very slight one) in which I plant the cuttings, is made thus: On the top of a little manure, just enough to give a slight bottom heat, I place six inches of earth, moistened to the consistency of mortar, then cover with white sand, and set in the cuttings. I have occasionally struck every cutting, while 99 out of 100 are an average result."

Scissorings.

TO YOUNG MEN.—Don't rely upon friends. Don't rely upon the name of your ancestors. Thousands have spent the prime of life in the vain hope of those whom they call friends; and thousands have starved because they had a rich father. Rely upon the good name which is made by your own exertions; and know that better than the best friend you can have is unquestionable determination, united with decision of character.

ON a certain railway, the following *intelligible* notice appears: "Hereafter, when trains moving in an opposite direction are approaching each other, on separate lines, conductors and engineers will be required to bring their respective trains to a *dead halt* before the point of meeting, and be very careful not to proceed till each train has passed the other."

OUR government land, says an American paper costs one dollar an acre on an average, and champagne two dollars a bottle. How many a man dies landless, who during his life has swallowed a fertile township, trees and all!

THE anagram for Austria is *vastari*, Latin for "to lay waste"—a business in which that country has been engaged for centuries.

A CAPTAIN of a privateer, who had been in an engagement, wrote to his owners that he had received but little damage, having only one of his hands wounded in the nose.

"METHOD," said Cecil—afterward Lord Burleigh—"is like packing things in a box; a good packer will get in half as much again as a bad one."

WHAT is that which, if I had it, I wouldn't wish to lose; if I have not, I do not wish to have it; but if I gain, I no longer have it?—a lawsuit.

IT is not sufficient for legislators to close the avenues to crime; they should open those which lead to virtue.

HE who does not strive to render others happy does not deserve happiness.

A PLEASURE of which we are sure to repent can never be a peaceful one.

"VARIETIES" FROM "VANITY FAIR."

"The Puseyites and Catholics," said the divinity student, "both base their religion upon symbols."

"Yes," responded X., "and cymbals, you know, are very liable to clash."

Fighting Shy.—Gen. Price is the only modest Rebel we know of. Ever since Fremont got started after him, he has shown a retiring disposition.

What the Lamp said to the Moth.—Get out of my light.

By the Gallery God—Why is General Price like "The Seven Sisters?" Because he is remarkable for nothing except a thundering long run.

Sentiment by a Patriotic Cook.—The rebellion—it's just like picking a duck; give me a hold of it, and you'll soon see Its Down Fall.

The Hard Necessities of War.—Shot and shell.

A good story is told of the late W. E. Burton, which we have never seen in print. While traveling on a steamboat down the Hudson, he seated himself at the table and called for some beef-steak. The waiter furnished him with a small strip of the article, such as travelers are usually put off with. Taking it upon his fork, and turning it over and examining it with one of his peculiar serious looks, the comedian coolly remarked, "Yes, that's it; bring me some."

A poor man gives his mite to the cause of benevolence, which is scarcely noticed, and a rich man out of his abundance gives hundreds of dollars, and the contribution is paraded in the public journals as evidence of his wonderful liberality. And yet there may be more merit in the limited gift of the one than in the large donation of the other.

A FRIEND of ours says, that he has been without money so long that his head aches "ready to split" when he tries to recollect how a half-crown looks. He says the notion that "we live in a world of change" is a great fallacy.

A PUZZLER.—Baron Smith spent two whole days in considering an answer to the conundrum:—"Why is an egg underdone like an egg overdone?" He would suffer no one to tell him, and at last hit upon the solution: Because both are hardly done.

SOME people care little for curious objects. If they had the apple that Eve tasted in Eden, the apple that revealed to Newton the law of gravitation, and the apple that Tell shot from his son's head, they would give them to the cook to make dumplings.

"How do you feel this morning, James?" "Very much better, I thank you. I did think, a while, I was not as well; but I know I am better now, for I just met old Mr. —, the undertaker, and he looked cross at me!"

THE types are the men-of-arms of the world's later and greatest generals, and when they receive the leader's command, their columns make the world's heart tremble with enthusiasm or beat time to their marches.

THE memory should be a storehouse, not a lumber-room.

WHY is the world like a piano? Because it is full of sharps and flats.

THE TOOLS GREAT MEN WORK WITH.

It is not tools that make the workman, but the trained skill and perseverance of the man himself. Indeed, it is proverbial that the bad workman never yet had a good tool. Some one asked Opie by what wonderful process he mixed his colors. "I mix them with my brains, sir," was his reply. It is the same with every workman who would excel. Ferguson made marvelous things—such as his wooden clock, that accurately measured the hours—by means of a common penknife, a tool in everybody's hands; but then everybody is not a Ferguson. A pan of water and two thermometers were the tools by which Dr. Black discovered latent heat; and a prism, a lens, and a sheet of pasteboard enabled Newton to unfold the composition of light and the origin of color. An eminent foreign *savant* once called upon Dr. Wollaston, and requested to be shown over his laboratory, in which science had been enriched by so many important discoveries, when the doctor took him into a study, and pointing to an old tea-tray on the table, containing a few watch-glasses, test-papers, a small balance, and a blow-pipe, said: "There is all the laboratory I have!" Stothard learnt the art of combining colors by closely studying butterflies' wings; he would often say that no one knew what he owed to these tiny insects. A burnt stick and a barn-door served Wilkie in lieu of pencil and canvas. Bewick first practiced drawing on the cottage walls of his native village, which he covered with sketches in chalk; and Benjamin West made his first brushes out of the cat's tail. Ferguson laid himself down in the fields by night in a blanket, and made a map of the heavenly bodies, by means of a thread with small beads on it, stretched between his eye and the stars. Franklin first robbed the thunder-cloud of its lightning by means of a kite made with two cross-sticks and a handkerchief. Watt made his first model of the condensing steam-engine out of an old anatomist's syringe, used to inject the arteries previous to dissection. Gifford worked his first problem in mathematics, when a cobbler's apprentice, upon small scraps of leather, which he beat smooth for the purpose, while Rittenhouse, the astronomer, first calculated eclipses on his plow-handle.—*Smiles' Self-Help.*

ANATOMICAL FACTS.—The average stature of men at birth is 1 foot 64-hundredths; at 2 years, 2.60; at 4, 3.04; at 6, 3.44; at 9, 4 feet; at 15, 5.07; at 20, 5.49; at 40, 5.52; after which age it slightly diminishes, from the curving of the spine and solidification of cartilages. Women at birth are 1 foot 61-hundredths; at 2 years, 2.56; at 4, 3; at 6, 3.38; at 9, 3.92; at 15, 4.92; at 20, 5.16; at 40, 5.18. The average weight of men at birth is 7.06 pounds; at 15, 96.40; at 20, 132.46; at 40, 140.42. That of women is at birth 6.42; at 15, 89.04; at 20, 115.30; at 40, 121.81. Thus it is seen, men and women, at mature age, weigh twenty times as much as at birth, and their stature is three and a quarter times greater. A calclined human body weighs only 8 ounces; mere drying reduces it to one tenth its weight. Thus, nine tenths of the whole body are water.

GOVERNMENT RAILROAD TRANSPORTATION.

The government pays for railroad transportation according to the following rates: Per passenger, per mile, 2 cents for distance moved. Equipments, munitions, and supplies accompanying regiments, 30 miles or less, 10 cents per 100 lbs.; 50 miles, 15 cents per 100 lbs.; 100 miles, 25 cents per 100 lbs.; 150 miles, 40 cents per 100 lbs.; 200 miles, 50 cents per 100 lbs.; 300 miles, 75 cents per 100 lbs.; 350 to 400 miles, not exceeding, 90 cents per 100 lbs.; special express trains, \$1 per mile.

HORSES.—One animal counts as 3,000 lbs.; 2 animals count as 4,000 lbs.; 3 animals count as 5,000 lbs.; 4 animals count as 6,500 lbs.; 5 animals count as 8,000 lbs.; 6 animals count as 9,000 lbs.; 7 animals count as 10,000 lbs.; 8 animals count as 11,000 lbs.; 9 animals count as 12,000 lbs.; 14 animals, 18,000 lbs., counts as a full car load.

Provisions and heavy freights, 2 to 3 cents per ton of 2,000 lbs. per mile. Dry goods, clothing, and light goods, 3 to 5 cents per ton of 2,000 lbs.; per mile. One large car load is reckoned as 9 ton.

TIT FOR TAT.—A Presbyterian clergyman, while walking the deck of a steamer at St. John's, N. B., where secessionism had considerable footing, noticing the American flag flying from the masthead of a ship, tauntingly said to Col. Favor: "Why don't you take a slice off that flag, since you have lost a portion of your country?" Yankee like, the colonel quickly replied: "Why don't you tear a leaf from your Bible, because a part of your church have fallen from grace?" The clergyman had no more to say on that subject.

VALUE of the pound sterling in Federal money, with different rates of premium:

Premium.	Par.	Premium.	Par.
1 per cent.	\$4.4444	7 per cent.	\$4.7333
2 per cent.	4.4555	8 per cent.	4.7444
3 per cent.	4.4666	9 per cent.	4.7555
4 per cent.	4.4777	10 per cent.	4.7666
5 per cent.	4.4888	11 per cent.	4.7777
6 per cent.	4.5000	12 per cent.	4.7888
7 per cent.	4.5111		4.8000
8 per cent.	4.5222		4.8111
9 per cent.	4.5333		4.8222
10 per cent.	4.5444		4.8333
11 per cent.	4.5555		4.8444
12 per cent.	4.5666		4.8555
	4.5777		4.8666
	4.5888		4.8777
	4.6000		4.8888
	4.6111		4.9000
	4.6222		4.9111
	4.6333		4.9222
	4.6444		4.9333
	4.6555		4.9444
	4.6666		4.9555
	4.6777		4.9666
	4.6888		4.9777
	4.7000		4.9888
	4.7111		5.0000
	4.7222		5.0111

A CUTE DARKEY.—"Bob," now called "Belmont Bob," is the body-servant of Gen. McClelland, and at the battle of Belmont, it is said of him that when the retreat commenced he started for the boats. Reaching the bank he dismounted and slid rapidly down, when an officer seeing the action, called, "Stop, you rascal, and bring the horse." Merely looking up as he waded to the plank through the mud, Cairo's character answered, "Can't 'bey, Colonel. Major told me save most valuable property, and dis nigger's worf more'n a horse." It is seldom an estimation of difference in value is more quickly arrived at.

Of all monarchs, nature is the most just in the enactment of laws, and the most rigorous in punishing the violation of them.

Special Notices.

IMPROVEMENTS made in the machinery for manufacturing Gold Pens, and secured to the subscriber by Letters Patent, have enabled him to overcome the many imperfections hitherto unavoidable in their production, and also to bring the cost within the reach of all. The writing public should know the following facts:

Constant writing for six months is done cheaper with Gold Pens than with Steel; therefore, it is economy to use Gold Pens.

The Gold Pen remains unchanged by years of continued use, while the Steel Pen is ever changing by corrosion and wear; therefore, perfect uniformity of writing is obtained only by the use of the Gold Pen.

The Gold Pen is always ready and reliable, while the Steel Pen must be often condemned and a new one selected; therefore, in the use of the Gold Pen there is great saving of time.

Gold is capable of receiving any degree of elasticity, so that the Gold Pen is exactly adapted to the hand of the writer; therefore, the nerves of the hand and arm are not injured, as is known to be the case by the use of Steel Pens.

He is now selling Gold Pens at prices varying from 25 cents to \$1, according to size, the average wear of every one of which will far outlast a gross of the best Steel Pens.

Sold by all dealers in the line throughout the country. Wholesale and retail at the store, No. 25 Maiden Lane, where all orders, inclosing cash or post-stamps, will receive prompt attention, and a pen or pens corresponding in value, and selected according to description, will immediately be sent by mail or otherwise, as directed.

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"We happen to know Mr. A. Morton to be not only one of the best and most extensive manufacturers of Gold Pens not only in America, but in the world. We use his pens, and can assure our readers of their excellence."—*N. Y. Tribune.*

"We have been in the habit of using these Gold Pens for a long time and have always found them the best instruments of the kind that have fallen in our way."—*N. Y. Evening Post.*

TEETH, upon Allen's system, can be obtained at 22 Bond Street. By this method the teeth, gums, roof, and rugæ of the mouth are so accurately formed as to display a perfect prototype of the natural organs, restoring the true expression of the mouth and original contour of the face.

It is the height of art to conceal art. This we do most positively, as our numerous patrons can attest.

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After a little unexpected delay, we are enabled to announce to our readers that we are ready to furnish what we believe to be

THE VERY BEST STEEL PENS EVER MADE.

These pens have been manufactured expressly for us by JOSIAH MASON, of Birmingham, the most extensive pen-maker in the world, and no pains have been spared in their construction. The nibs are ground so smooth as to write as readily as a quill, while by a patent attachment to the back the pen can be made hard or soft, coarse or fine, at pleasure.

To suit all demands, we have had three grades of these pens made, named as follows:

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Suitable for Phonographic Reporters, Ladies, and others who desire to write a very fine, neat hand;

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For ordinary writing, such as business correspondence, bookkeeping, schools, public offices, and the like;

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For writing in which heavy marks may be desired. With this style any size line can be made, from an ordinary coarse line to one an eighth of an inch wide, without changing the adjustment.

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Advertisements.

ADVERTISEMENTS intended for this JOURNAL, to secure insertion, should be sent to the Publishers on or before the 10th of the month previous to the one in which they are to appear. Announcements for the next number should be sent in at once.

TERMS.—Twenty-five cents a line each insertion.

HYGIENIC INSTITUTE,

NO. 15 LAIGHT STREET, NEW YORK.

The improvements we have made in this Institution, within the past year, has added very much to our success in curing the sick. The success which has attended a proper combination of a correct application of water, with the Swedish movements, electricity, and all the other hygienic agents known to us, has indeed been very satisfactory.

Our physicians are so situated that they have every facility for learning the best methods of treating the sick, not only in our own system, but in that of all the other medical schools of the city.

We have recently treated successfully some very remarkable cases—one of inflammatory rheumatism was cured in five weeks. The patient was unable to walk when he came; in three weeks after he commenced treatment, was able to go to business. A case of general paralysis, which came here helpless, was cured in five weeks. A case of low nervous typhoid fever was cured in three weeks.

In uterine disease we have had marked success. Some of the cases came here unable to walk, and in two or three months' time they were able to walk with ease, and all pain and inflammation apparently removed.

For spermatorrhea we find that a careful diet, with baths and movements combined, afford the most successful method of curing it yet known to us, and we are well posted in about every method of treating this disease known to anybody in this country.

In the three or four cases of hip-joint disease that we have treated this year, we have removed the pain, stopped the discharges, and in two cases cured the deformity entirely.

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We are prepared not only to cure all forms of disease, but perform all kinds of surgical operations.

Our patients can, while being treated for their various ailments, attend Dr. Trall's lectures, and thus learn not only to treat themselves, but how to live so as not to get sick.

The sights to be seen, the amusements to be enjoyed, and the knowledge to be acquired in the city, will almost repay the time and money spent, whereas, these things, by affording occupation to the mind, aid in the recovery of health.

Our terms are no higher than in similar institutions in the country.

Patients must provide themselves with bathing-clothes, or, if they prefer, they can hire them here.

TERMS.

Patients, \$7 to \$14 per week, according to rooms.

Boards, \$4 to \$10 " " " "

Entrance fee to patients, \$5.

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MISS ELLEN HIGGINS, M.D.,

FRANK R. JONES, M.D., Assistant.

WM. W. WIER, Physical Movements.

E. P. MILLER, Proprietor.

N. B.—We have just secured the services of Miss Ellen Higgins, M.D., who has had superior advantages in this school and establishment, and in others, to fit her for the treatment successfully of all forms of Female Diseases. For the last three years she has had charge of the Female Department of one of the largest institutions in the United States.

All ladies needing treatment will find in our establishment—with Miss H. for a special friend and adviser—all the facilities to secure complete restoration to health.

All communications in regard to treatment should be addressed to Doctors TRALL and MILLER.

I have for sale Dr. Trall's celebrated Graham Crackers, at 10 cents per pound, or \$5 62 per barrel of 75 pounds. Fresh Graham flour, such as we use at our table, 18 00. Best hand-mills, family use, \$2 00. Syringes, all patterns, \$1 to \$2 50. Dr. Jones' new graduating suz-bath tub, \$6 00. Hydropumps, to give spray baths, \$15 00. Soapstone girdles, all sizes, round and oval, \$1 to \$2 00. All works on Water-Cure, Health Reform, etc., at publishers' prices.

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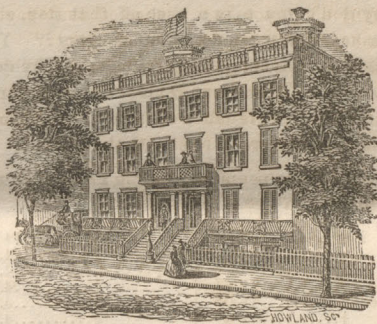
The fundamental idea upon which the medical practice of this Institute is founded, is the superiority of a thorough and systematic application of Hygiene to the prevalent methods of treating the sick. It is well understood that this sentiment is shared by very many of the most respectable, influential, and educated members of the community, so that the remedial methods adopted simply carry this conviction forward to a practical realization. The measures are such as take the patient back to nature, and invite a more complete sway of all of her laws in the organism; while every circumstance which would conflict therewith is carefully removed. Organic development is the basis of all human powers, the root of all human capability, and when this falters, we must apply the natural remedies.

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All letters of inquiry will be promptly attended to, and may be addressed to

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We intend in the future, as in the past, to spare no pains to cure the sick under our care. We have now been in Water-Cure practice for fifteen years, and trust we have obtained skill by so long experience.

We are located near the beautiful town of Elmira, containing more than ten thousand inhabitants. The Cure commands a view of the village, valley, and the beautiful range of hills beyond. We are far enough from town to be in the country, while the village is easy of access. There are fine groves and walks back of the Cure—bold bluffs and deep ravines, making fine shade for summer resort. We are in direct railroad communication, east and west, north and south—with New York city, Philadelphia, Baltimore, Washington, and Niagara Falls. Two great thoroughfares cross each other here.

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This Cure having been so long established, having done so large a business, having a skillful male and female physician in charge, the proprietors feel confident that all who may come here for treatment will receive benefit, if it is to be had at any Cure in this country.

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Mrs. Gleason has issued a small pamphlet, entitled "Hints to Patients." By sending a three-cent stamp, they will be sent to any one wishing the same.

S. O. GLEASON, M.D.

MRS. R. B. GLEASON, M.D.

ELMIRA, Feb., 1862.

Address S. O. GLEASON, M.D., Elmira, N. Y.

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The question is often asked (by patients who have been at other Cures), why patients get well in so short a time at Fish Lake? The answer is, because the physicians give their whole attention to their patients; they are not only with them at their meals, exercise, and amusements, but they assist in giving the baths, and know how every one is given.

We truthfully make the statement, that there is no Cure in the United States where patients receive more attention, get well sooner, or at less expense, than at Fish Lake.

Terms, from \$5 to \$6 per week; no examination fee required; no extras.

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Mrs. O. F. McCUNE,
Bovina Valley, Del. Co., N. Y.

Apr. 21.

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CURE, Patients can have the advantages of Electric Treatment and the Movement-Cure, without extra charge. Terms from 5 to 8 dollars per week. Address
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OUR HOME, ON THE HILLSIDE, DANVILLE, N. Y.

This celebrated institution opens its spring and summer business under the most flattering auspices. At no period have the sick in the United States and Canada shown it larger patronage than during the past winter, and its proprietors take pleasure in assuring their many friends that during the coming season no pains will be spared on their part to give to invalids who may visit them thorough recovery from their diseases. Their medical staff will, with slight changes, remain as before, and their guests will all have the benefit of the advice and counsel of Dr. James C. Jackson, whose extraordinary success in treating diseases without medicine has given him great and justly earned celebrity. Circulars and specimen copies of "The Laws of Life" sent free to all who would like to know more about us.

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Come from the East on the New York and Erie Railroad to Corning, thence by Buffalo and Corning Railroad to Wayland; or from the East on the New York Central Railroad to Rochester, thence on the Genesee Valley Railroad to Wayland; or from the West to Buffalo, thence on the "Buffalo, New York, and Erie" Railroad to Wayland, and so to "Our Home," by coach.

LETTERS.—All correspondence for tracts, circulars, advice, or information, should be addressed to JAMES C. JACKSON, M.D., or Miss HARRIET N. AUSTIN, M.D., and should contain stamps to prepay answers.

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These we will send for their prices, *post-paid*, or we will do them up safely, and pay the postage on them, and send them for 50 cents in postage stamps.

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HOW TO PREVENT IT, AND HOW TO TREAT IT.

By James C. Jackson, M.D. 50 pages. Postpaid, \$2.

Every person in the United States of consumptive tendencies, or having scrofula, catarrh, or bronchitis, should procure a copy. Address the Author, or M. W. Simmons & Co., Danville, N. Y.

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This is one of the oldest Cures in the United States. The experience of its physicians, and the marked success that has heretofore attended their efforts to restore the sick, is a sufficient guarantee for the future.

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RARE CHANCE.—Wanted a Male and Female to study the Profession and become at once *permanently* associated with us in business. Each must have not less than \$400 to invest. Address S. M. LANDIS, M.D.

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valids intending to visit a Water-Cure during the coming spring or summer may find it to their advantage to address SOLOMON FREASE, M.D.,
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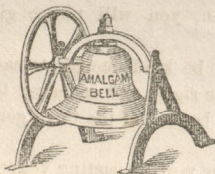
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"If any person shall commit burglary, by breaking up any dwelling-house, or shall rob any person in the fields or highways, such a person so offending shall, for the first offense, be branded on the forehead with the letter B. For the second time he shall be branded, and also be severely whipped; and if he shall fall into the same offense the third time, he shall be put to death as being incorrigible."

"If any person within this jurisdiction shall, without just and necessary cause, withdraw himself from hearing the public ministry of the word after due means of conviction used, he shall forfeit, for his absence from every such public meeting, five shillings."

"No person, householder or other, shall spend his time idly or unprofitably, under pain of such punishment as the court shall think meet to inflict."

"Every person found drunken, viz.: so that he be thereby bereaved or disabled in the use of his understanding, appearing in his speech or gesture, shall forfeit ten shillings."

"No person under the age of twenty years, nor any other that hath not already accustomed himself to the use thereof, shall take any tobacco, until he hath brought a certificate under the hands of some who are approved for knowledge and skill in physic, that it is useful for him; and also that he hath received a license from the court for the same."

"No man within this colony after the publication hereof, shall take any tobacco publicly in the streets, highways, or barn-yards, or upon training-days, in any other places, under the penalty of six pence for each offense."

"If any man, after legal conviction, shall have or worship any other God but the Lord God, he shall be put to death."

"If any man or woman be a witch (that is), hath or consulted with a familiar spirit, they shall be put to death."

"For excessive drinking, three shillings four pence; for continuing above a half an hour tippling, two shillings six pence; and for tippling at unreasonable times or after nine o'clock at night, five shillings; and if they offend the second time, they shall pay double fines; and if they fall into offense the third time, they shall pay treble fines."

"No master of a family shall give entertain-

ment or habitation to any young man to sojourn in his family, but by the allowance of the inhabitants of the town where he dwells, under the penalty of twenty shillings per week."

"No young man that is neither married nor hath a servant, nor is a public officer, shall keep house of himself without the consent of the town, for and under pain or penalty of twenty shillings a week."

"If any person, within this jurisdiction, shall swear rashly and vainly, either by the holy name of God or any other oath, and shall sinfully and wickedly curse any, he shall forfeit ten shillings."

"If any person shall blaspheme the name of God the Father, Son, or Holy Ghost, with direct, express, presumptuous, or high-handed blasphemy, or shall curse God in the like manner, he shall be put to death."

CHESTERFIELD TACTICS.

THE clever correspondent of the *Home Guard* says: From the fact that the usual mode of giving command by military officers falls so harshly upon the ears of sensitive privates, the following style has been attached to a regiment of "Reserved Grays," and is appropriately termed the Chesterfield Manual:

BY COMMANDING OFFICER.

1. Gentlemen, you will please give me your attention!

2. You will be kind enough to cast your head and eyes to the right, and endeavor to observe the "immaculate bosom" of the third gentleman from you.

3. Oblige me now by casting your visual organs to the front.

4. Allow me to suggest the propriety of coming to an order arms.

5. Gentlemen, will you condescend to shoulder arms?

6. You will confer a special favor by coming to a support.

7. If it meets your approbation, I beg leave to propose that you carry arms.

8. Now, gentlemen, you will please present arms.

9. I shall consider myself under an everlasting obligation if you will once more oblige me by carrying arms.

10. Having a just and high appreciation of your intrinsic worth, as well as your exalted position in society, I humbly trust that I am not infringing upon your good-nature when I request you to trail arms.

11. Gentlemen, for the last time, permit me to remark that it is my earnest desire that you should come to a shoulder arms.

12. If it is not too laborious, I should be delighted to see you change your position by coming to a right face.

13. To conclude your arduous exercises, I will still further trespass upon your well-known affability by desiring you to come to arms port.

14. Gentlemen! soldiers! blood-stained heroes! if congenial to your feelings, you may consider yourselves dismissed. I beg to remark, however, that should it suit your convenience, you will be kind enough to hold yourselves subject to be again called into line, which you will be made aware of by the repeated and vigorous tapping of the "spirit-stirring drum," recollecting, at the same time, that the first vibrations of that sweet instrument that strike the tympanum of your ears, is merely precautionary. Allow me to exclaim, in stentorian voice: Sever the ranks! march!

WHICH IS THE BEST?

A LETTER before us in which the writer desires to know "what Water-Cure establishment we would recommend as the best for an invalid," being so nearly akin to many similar ones, induces us to give a public reply, that others may be saved the trouble of making similar inquiries.

Firstly, then, if we should undertake to recommend one establishment before another, we might, very properly, be accused of acting beyond our knowledge, for we have not had the pleasure of visiting more than four or five of the many establishments in the country.

Secondly, if we were well acquainted with all, it would, probably, be impossible for us to give a direct answer to the query above, without knowing particularly what was the trouble with the invalid; for, whereas one physician may have paid more attention to chronic diseases, and be more experienced and generally successful in their treatment, another may be far his superior in the management of acute cases.

We must, consequently, ask to be excused from replying to such questions for the above reasons. We have repeatedly asked for circulars from different establishments, that we might keep them on file for the inspection of parties calling for information. Those residing at a distance will find the address of many in our advertisements and can write to them for particulars.

YANKEE INQUISITIVENESS.—Thurlow Weed, in a letter from London dated December 7th, speaks of having met at a dinner-party Sir John Wilson, a veteran English general, who served on the Niagara frontier in 1814 and being wounded and taken prisoner by the Americans was conveyed to Albany in company with Gen. Scott, where he remained several weeks. Sir John related several incidents that occurred on his way to Albany, one of which Mr. Weed reproduces as follows:

"A few miles west of Canandaigua, at a tavern, he was annoyed by a Yankee who came into his room, sat down, and asked all sorts of questions, many of them in bad taste, if not impertinent. Before leaving, Capt. Wilson asked for porter, but it could not be obtained. Some hours afterward, as the wounded officer was journeying eastward, he was overtaken by the Yankee, who said—

"Well, Capt. Wilson, I 'spose you did not expect to see me again."

"The officer replied 'that he neither expected nor desired to see him again.'

"Well," responded the Yankee, "never mind that. I heard you say you wanted porter, and I have brought you some;" then producing a bottle and tumbler, poured it out and handed it to the Captain, who drank it, was refreshed, and offered, with his thanks, payment.

"I don't want no pay for that nor these six bottles. What we Americans want, is to whip the British, and then treat 'em well arterward, specially if they are wounded."

"This, with other like occurrences, illustrative of American inquisitiveness and generosity, led Sir John to cherish pleasant recollections of the people of this country, and to pray devoutly that the horrors of another war between kindred who ought to be friends, may be averted."